

Sinus Precautions

If a sinus communication occurred during your surgery as a result of the positioning between the roots of an upper tooth and your sinus or, if you had surgery near your sinus, it is very important to follow the instructions below and refrain from any sort of pressure in your nose and mouth.

1. Do not hold back your sneeze. Sneeze with your mouth open.
2. Do not blow your nose. Wipe gently, for 10 days.
3. Do not smoke or drink through a straw.
4. When lifting, bend with your knees.
5. A small amount of blood from your nose is to be expected.
6. Avoid swimming and any strenuous exercise for at least one week.

Care of Mouth After Extraction

1. **Do not brush or rinse your mouth today** – tomorrow rinse gently every 3-4 hours (especially after meals) using $\frac{1}{4}$ teaspoon of salt to a glass of warm water. Continue rinsing for several days. **If you were prescribed Peridex mouth rinse, please follow instructions on the bottle.
2. **Bleeding** – following extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. **Then remove.** Repeat if necessary.
3. **Swelling** – ice pack should be applied to face near extraction site – 15 minutes on / 15 minutes off for 4–5 hours.
4. **Pain** – for mild to average pain use any non-aspirin medication or your pain medication that was prescribed, as directed.
5. **Food** - soft, cold foods for the first 24 hours, after proceed with caution.

Do not use a straw, spit or smoke for one week.

Care of Mouth After Extraction with Bone Graft

1. **Do not brush or rinse your mouth today** – tomorrow rinse gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinsing for several days. **If you were prescribed Peridex mouth rinse, please follow instructions on the bottle.
2. **Bleeding** – following extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. **Then remove.** Repeat if necessary.
3. **Swelling** – ice pack should be applied to face near extraction site – 15 minutes on / 15 minutes off for 4–5 hours.
4. **Pain** – for mild to average pain use any non-aspirin medication or your pain medication that was prescribed, as directed.
5. **Food** - soft, cold foods for the first 24 hours, after proceed with caution.
6. You may notice granules of bone; as well as a small wet “tissue like” material exit the extraction site for several days. This is normal and is no cause for concern.
7. Sutures will dissolve and fall out in 5-7 days.

Do not use a straw, spit or smoke for one week.

Care of Mouth After Implant Placement

1. **Do not brush or rinse your mouth today** – tomorrow rinse gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinsing for several days. **If you were prescribed Peridex mouth rinse, please follow instructions on the bottle for 7-10 days.
2. **Bleeding** – following extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. **Then remove.** Repeat if necessary.
3. **Swelling** – ice pack should be applied to face near implant site – 15 minutes on / 15 minutes off for 4–5 hours.
4. **Pain** – for mild to average pain use any non-aspirin medication or your pain medication that was prescribed, as directed.
5. **Food** - soft, cold foods for the first 24 hours, after proceed with caution.
6. Sutures will dissolve and fall out in 7-10 days, do not pull lip back to look at area.
7. **Oral Hygiene** – Brush gently as normal except around the implant site.

Do not use a straw, spit or smoke for one week.

Care of Mouth After Onlay Graft

1. **Do not brush or rinse your mouth today** – tomorrow rinse gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinsing for several days. **If you were prescribed Peridex mouth rinse, please follow instructions on the bottle.
2. **Bleeding** – following extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. **Then remove.** Repeat if necessary.
3. **Swelling** – ice pack should be applied to face near grafting site – 15 minutes on / 15 minutes off for 24 hours.
4. **Pain** – for mild to average pain use any non-aspirin medication or your pain medication that was prescribed, as directed.
5. **Food** - soft, cold foods for the first 24 hours, after proceed with caution.
6. Do not bite into anything. Food should be cut up first, for 7-10 days.
7. Sutures will need to be removed by Dr. Beals at your post-op appointment; within 7-10 days.

Do not use a straw, spit or smoke for one week.

Care of Mouth After Exposure and Bond

1. **Do not brush or rinse your mouth today** – tomorrow rinse gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinsing for several days. **If you were prescribed Peridex mouth rinse, please follow instructions on the bottle.
2. **Bleeding** – following extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. **Then remove.** Repeat if necessary.
3. **Swelling** – ice pack should be applied to face near exposure site – 15 minutes on / 15 minutes off for 4–5 hours.
4. **Pain** – for mild to average pain use any non-aspirin medication or your pain medication that was prescribed, as directed.
5. **Food** - soft, cold foods for the first 24 hours, after proceed with caution.
6. Do not bite into anything with your front teeth. Food should be cut up first, placed in your mouth, to chew with back teeth until your post-operative appointment.
7. Call our office should you notice the “button” and/or “chain” to come off of the tooth.
8. Sutures will dissolve and fall out in 5-7 days.

Do not use a straw, spit or smoke for one week.

Care of Mouth After Biopsy

1. **Do not brush or rinse your mouth today** – tomorrow rinse gently every 3-4 hours (especially after meals) using $\frac{1}{4}$ teaspoon of salt to a glass of warm water. Continue rinsing for several days. **If you were prescribed Peridex mouth rinse, please follow instructions on the bottle for 7-10 days.
2. **Bleeding** – following extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. **Then remove.** Repeat if necessary.
3. **Pain** – for mild to average pain use any non-aspirin medication or your pain medication that was prescribed, as directed.
4. **Food** - soft, cold foods for the first 24 hours, after proceed with caution.
5. Try to leave the area alone, as this will facilitate better healing.
6. Sutures will dissolve within 5-7 days.

Do not use a straw, spit or smoke for one week.

What if the bleeding does not stop?

1. Fold 2 pieces of gauze in half and then into thirds so you have a large rectangle.
2. Get slightly damp and squeeze out thoroughly.
3. Place over the bleeding site.
4. Sit at a table with your elbow on the table and your chin into your hand, as to apply pressure onto your chin.
5. Sit in this position applying *FIRM* pressure onto the gauze for 30 minutes. Then remove. Repeat if necessary.

Please do not hesitate to call us with any questions and/or concerns:

**Bushey Oral & Maxillofacial Surgery
330-758-0561**