



Dr V Escobar

Oral Maxillofacial Surgery  
Dental Implant Center

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## PATIENT AFTER CARE INSTRUCTIONS FOLLOWING EXTRACTION OF TEETH

1. Keep gauze in place for 60 minutes while applying pressure by biting down on it. Oozing can be expected for several hours to several days. Please only replace the gauze if it is necessary. If bleeding becomes excessive or does not seem to be clotting, please call the office for further instruction.
2. To minimize swelling, you may apply ice packs to the outside of face (15 minutes on, 15 minutes off) for the first **24** hours **only**. Applying ice after 24 hours can result in more swelling. Try to keep your head elevated by resting in a recliner or by placing several pillows behind your head. This will also help to minimize swelling.
3. It is best to remain on a soft diet for at least one week following your procedure. Dairy products should be avoided during the first 24 hours to reduce the risk of bacterial growth and possibility of infection.
4. Please refrain from drinking carbonated beverages, sucking through a straw, rinsing or spitting.
5. It is **very** important to maintain good oral hygiene and start brushing your teeth the day of your surgery. Please avoid any mouthwash such as Listerine, Scope, etc. for one week, unless prescribed by the doctor. They can irritate the surgical site and dissolve sutures too soon. After the first **24** hours, you can start rinsing your mouth with warm salt water after meals. It should consist of  $\frac{1}{4}$  teaspoon of salt in an eight-oz. glass of water.
6. Smoking is strongly prohibited for the week following your surgery. If you believe that you're unable to do this, please discuss with the doctor.
7. If sutures were placed, they will dissolve and fall out on their own. If they become bothersome, please contact the office.
8. Some sharp, bony edges may be expected. If they cause discomfort, please call our office.
9. Prescriptions following oral surgery should be filled as soon as possible to avoid unnecessary discomfort.
  - Pain medication should be taken before the anesthesia wears off. It should be taken with food and only as directed.
  - Take antibiotics as directed until the medication is gone. To avoid stomach upset, take with food and at least  $\frac{1}{2}$  hour from taking pain medication.
  - If you experience an adverse reaction to any of the medications prescribed, stop taking the medicine and call the office.
  - Regular medication should be taken as directed unless otherwise specified by the doctor.

### Sinus Precautions:

**If indicated by the doctor**, sinus precautions may be necessary following oral surgery. They include the following: Avoid blowing the nose for at least three weeks and do not stifle any sneezes. A slight bloody nose may also occur. You will be prescribed medication to help keep your nose clear and will have a follow-up appointment to monitor healing.

**Please do not hesitate to contact our office at any time with any additional questions or concerns following your procedure.**