



Banner Good Samaritan
Medical Center

Patient Care Instructions after Dental Extraction

Prescriptions - If you received a prescription for pain medication and antibiotics, follow the directions on the bottle. Please do not take any pain medications or sedatives without first discussing with your surgeon. Do not operate a motor vehicle or dangerous machinery (lawn mower, etc.) while taking the pain medication. Take the antibiotic as instructed on the bottle. Do not drink alcoholic beverages while taking pain medication.

Bleeding - Slight oozing of blood is normal for up to 12 hours. This oozing can be controlled by biting a piece of moistened gauze for 20 minutes. Contact your doctor if oozing or bleeding continues in spite of these measures. Try to avoid spitting – this will promote bleeding.

Pain - As feeling returns to your mouth take your first pain pill. You may take a second pill in 30 minutes if the first did not help. It is better to take this medication with a small snack or after a meal.

Rinsing – Begin gentle rinsing with (1 teaspoon salt in 12 oz. warm tap water) four 4 times a day. You may carefully brush your teeth beginning tonight. Keep the bristles on your teeth and off the gum tissue. Begin rinsing with peroxide tomorrow.

Diet – Take only liquids or very soft food today. Do not chew any solids foods in the surgical area until you return for the first follow-up visit.

Swelling – Swelling is normal after implant surgery. Swelling usually begins resolving after 2-3 days but may last as long as 7 – 10 days. An ice pack applied to your face over the operated area for 24-36 hours will decrease the pain and swelling. Swelling can also be controlled by elevating your head on 2 pillows for 3 nights when sleeping. If you're swelling increases dramatically after several days please notify me.

Smoking – DO NOT SMOKE FOR AT LEAST ONE WEEK AFTER SURGERY. The heat and toxic chemicals in cigarette smoke are harmful to healing wounds. It is recognized that implants are most likely to fail in smokers. Also, do not use any smokeless tobacco.

Stitches – You may notice some stitches in your mouth. These will dissolve and generally need not be removed. Do not be concerned if you lose a stitch prior to your first return appointment.

Questions/Problems – If any problems arise or if you have any questions or concerns please call the Oral and Maxillofacial Surgery Clinic at 602-839-5895. If after normal business hours, please call the clinic number and request to speak with the on-call Oral and Maxillofacial Surgery resident. There is a resident available 24 hours a day/7 days a week

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