



### Instructions Following Tooth Removal or Sinus Lift Surgery Tooth Removal

1. Bite on gauze for 45 minutes. If bleeding continues, bite on a fresh piece of sterile gauze moistened with water for another 45 minutes. Repeat if necessary. A certain amount of bleeding is expected after oral surgery. If excess bleeding occurs after 45 minutes use moist tea bag instead of gauze.
2. Do not smoke, spit or drink through a straw for 24 hours. After 24 hours you may rinse with warm salt water 2 times a day if this makes the area feel better. (1 tsp. of salt dissolved in an eight-ounce glass of warm water).
3. To prevent swelling use ice for the first 24-36 hours. The ice pack should be placed on the face over the area of the extraction for 5 minutes then removed for 5 minutes. After 36 hours use moist heat for ten minutes at a time.
4. Do not brush the area of the extraction for the first 2 weeks. Do brush the rest of you teeth.
5. If sutures were placed you will need to return to our office to have them removed.
6. Take all medications as directed. If you develop any reaction to the medications stop taking them immediately and call our office or report to the hospital emergency room.
7. Our biggest concern is your comfort and well being; if something does not appear normal, please call.

### Sinus Lift

1. Use ice as directed in #3 above.
2. Do not blow your nose for 3 weeks.
3. Restrict your activities for 3 weeks. Do not engage in strenuous activity. No bending over or physical work, including heavy lifting.
4. Avoid vigorous physical exercise for 7-10 days.
5. Some bleeding from you nose can be expected.
6. Use the nasal spray as directed. Spray it gently in nostril on side of sinus lift.

**If any condition or concern develops which seems unusual to you, please call my office. After hours, please call my cell phone.**

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