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Post-Operative Instructions for Extraction with Sinus Involvement

1. Please do not sneeze or blow through your nose for 2 weeks.
If you need to sneeze, sneeze through your mouth.
2. Claritin – D-24hr or Zyrtec –D-24 hr: 1 tablet 1 time per day for 2 weeks.
3. Amoxicillin 500 mg – 3 times a daily or 875mg twice daily for 2 weeks (or other antibiotic if penicillin allergy).
4. Long acting nasal spray twice daily for 5 days.
5. Take pain and other medication as directed (on the bottle).
6. Bite firmly on gauze for two (2) hours after your surgery. (this allows a clot to form, insuring proper healing). Should bleeding continue after 2 hours, bite gently on a wet tea bag for one hour, using a standard (non-herbal) tea bag.
7. Apply an ice bag to the side of your face where the surgery was done to help reduce swelling. Ice should be held in place for 24/48 hours (20 minutes on and 20 minutes off).
8. Please do not eat, drink or rinse your mouth for 3 hours and do not rinse or spit hard for one day. (It is important not to disturb the clot until it is fully formed).

After 3 hours and for one day, drink what you want, except for alcohol and hot beverages in small gentle sips on the other side of your mouth. Do not rinse or swish. If you need to spit, do so very gently.

9. One day after surgery, begin rinsing your mouth gently with warm (not hot) salt water. Allow salty water to remain in the mouth for thirty (30) seconds. **DO NOT** rinse vigorously. Please rinse four (4) times a day for five (5) days. (Salt water: A tall glass of warm water with a rounded teaspoonful of salt.)
10. If you had stitches put in your mouth, you may need to come back to the office in one week to have them removed and healing checked
11. You should eat soft foods for a few days because your gums will be sore. Begin eating regular foods when it is comfortable for you. Smoking should be avoided for one week to minimize possible complications. Drink at least 6-8 large glasses of liquid per day to avoid dehydration and fever.
12. Some swelling and discoloration of the skin are common and need not cause alarm. If you have excessive bleeding, pain, fever or other severe problems, contact our office immediately.

Thank You,
Dr. Bob Finkel & Staff