



## Wisdom Teeth Postoperative Instructions

The removal of impacted teeth is a serious surgical procedure. Postoperative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.

### Bleeding

A certain amount of bleeding is expected following surgery. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for 30 minutes. Repeat as necessary. If bleeding continues, bite on a moistened tea bag for 30 minutes. The tannic acid in the tea bag helps to form a clot by constricting blood vessels. To minimize further bleeding, try to relax, sit upright and avoid exercise. If bleeding does not subside, call for further instructions.

### Swelling

The amount of swelling that is typically expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes, and sides of the face is common. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day after surgery and will not reach its maximum until two or three days post-surgery. However, the swelling may be minimized by the immediate use of ice packs. After 36 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery.

### Pain

You should begin taking pain medication as soon as you pick up your prescriptions. Ibuprofen (Advil or Motrin) may be taken in addition to your prescription pain medicine. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it. Do not exceed the recommended dose of pain medication.

### Diet

Drink liquids after general anesthesia or IV sedation. Do not use straws for 72 hours following surgery. The sucking motion can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical site(s). High calorie, high protein intake is very important. Prevent dehydration by regularly drinking fluids. Your food intake will be limited for the first few days. Compensate for this limited food intake by increasing your fluid intake. Drink at least five to six glasses of liquid daily. Try not to miss a single meal. You will feel better, have more strength, experience less discomfort, and heal faster if you continue to eat.

### Keep The Mouth Clean

Good oral hygiene is essential to good healing. You can brush your teeth the night of surgery. Be gentle initially when brushing the surgical areas. The day following surgery, if prescribed, use the Peridex Oral Rinse. Use twice daily, after breakfast and before bed, for one week. Be sure to rinse for at least 30 seconds. Warm saltwater rinses (one teaspoon of salt in a cup of warm water) should be used at least four to five times a day, as well, especially after meals. **AFTER THREE DAYS, USE THE PROVIDED SYRINGE TO CLEAN OUT THE LOWER EXTRACTION SITES AFTER EATING. PUT THE SYRINGE ALL THE WAY INTO THE SITES. CONTINUE TO USE THE SYRINGE UNTIL THE SITES ARE COMPLETELY HEALED. IF YOU DO NOT CLEAN THEM WELL, FOOD CAN BECOME TRAPPED AND MAY RESULT IN AN INFECTION.** BRUSH YOUR TEETH TWICE DAILY.

### Antibiotics

If you have been prescribed antibiotics, take as directed. Discontinue use in the event of a rash or other unfavorable reaction. Call the office if you have any questions.

### Nausea & Vomiting

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour, including the prescribed medicine. You may sip liquids slowly over a 15-minute period. If nausea and/or vomiting persist, call our office. Dr. Davis may prescribe an anti-nausea medication for you. When the nausea subsides, you can begin taking solid foods and the prescribed medicine. If the nausea and/or vomiting is not controlled by the medication provided, please call immediately.

**If you have any questions regarding your surgery or postoperative care, please contact our office at (435) 628-1100.  
After hours contact (435) 817-3135. Do NOT call your dentist.**