

## WISDOM TEETH POST-OPERATIVE INSTRUCTIONS

### PLEASE READ ALL PAGES OF THESE INSTRUCTIONS CAREFULLY

Sometimes the after-effects of oral surgery are quite minimal. Not all of these instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office at any time for clarification.

### Day Of Surgery

Limit physical activity during the first 24-48 hours after surgery. Overexertion may lead to post-operative bleeding, swelling, and discomfort. Some bleeding or redness in the saliva is normal for 24-48 hours. This bleeding/oozing may continue throughout the first 24 hours. When you lie down, keep your head elevated on a pillow.

### Gauze

Leave the gauze pads in place for 45-60 minutes, maintaining firm pressure.

### Bleeding/Oozing

Some bleeding or redness in the saliva is normal for 24-48 hours. This bleeding/oozing may continue throughout the first 24 hours. If bleeding persists, slightly moisten and place a new gauze sponge, and continue pressure for an additional 45-60 minutes. If bleeding continues, please call our office.

### Swelling

It is not uncommon to experience some swelling from these procedures. To minimize swelling, apply ice 20 minutes on, 20 minutes off, throughout the first day. Swelling usually peaks between days two and three. After 48 hours, you may switch from ice to moist heat.

### Sutures

Sutures were placed to control bleeding and to aid in the healing process. Do not lift or pull up your lip to look at the stitches. The sutures will usually dissolve in 5-10 days.

### Medications

Unfortunately, most oral surgery is accompanied by some degree of discomfort.

- **Pain Medication:** Take the first pill before the anesthetic has worn off. This will enable you to manage your discomfort more effectively. If you do not achieve adequate pain relief, you may supplement each pill with Advil/Motrin (ibuprofen). The effects of medications vary widely among individuals. Please call the office if the pain is not controlled.  
Please do not drink alcoholic beverages, drive a car, or operate machinery while taking prescribed pain medication.
- **Antibiotics:** Take antibiotics on the specified dosing schedule. Yogurt with active cultures and/or acidophilus may be taken while on antibiotics to help minimize gastrointestinal side effects. If you develop severe cramping and/or diarrhea, please notify the office.  
If you are on birth control pills, please be advised that antibiotics and other medications may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy. Please consult your physician to initiate additional forms of birth control during the period of treatment.
- **Anti-swelling Medication:** If our team prescribed medication to help control swelling, please take the medication on the specified dosing schedule.
- **Prescription Rinse:** Rinse with the prescribed antibiotic rinse (Peridex) as directed.

## WISDOM TEETH POST-OPERATIVE INSTRUCTIONS (CONT.)

### Nausea

Nausea is an uncommon occurrence after surgery. It is sometimes caused by stronger pain medications. Preceding each pill with a small amount of soft food and liquids may reduce nausea. Try to keep taking clear fluids and minimize the use of pain medication. If nausea is persistent, please give the office a call.

### Diet

Food selection is largely a matter of your choice. It is recommended that you confine the first day/week's intake to soft foods (creamed soups, puddings, yogurt, milkshakes (no straw), macaroni and cheese, pasta, ice cream, etc.). Over the next several days, you can progress to solid foods at your own pace. Eating a nutritious diet throughout your healing process will help you feel better.

If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule. You may need to test your blood sugar more frequently during the first 48 hours post-operatively.

### Brushing

Begin your normal oral hygiene routine as soon as possible after surgery. Brush the teeth and the device. It is very important to keep the mouth clean.

### Mouth Rinses

Keeping your mouth clean after surgery is essential. Do not rinse the day of surgery because it may disturb the blood clot. Beginning the next day, mix ¼ teaspoon of salt in an 8-ounce glass of warm water and gently rinse two or three times daily for the next week.

### Syringe

If you were given an irrigating syringe, begin using it the day after surgery to keep sockets clean. Fill it with warm water and gently flush food from the sockets after eating. Use the syringe every day until the sockets are completely closed.

### Dry Socket

If a dry socket occurs (loss of blood clot from the socket, usually on the third to fifth day), there is a noticeable, distinct, persistent throbbing pain in the jaw, often radiating toward the ear and forward along the jaw, causing other teeth to ache. If you do not see steady improvement during the first few days after surgery, call the office for a post-operative appointment.

### Sharp Edges

If you feel sharp edges in the surgical area with your tongue, they are probably the bony walls that originally supported the teeth. Occasionally, small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth, and if necessary, we will remove them. Please call the office if you are concerned.

**Our team wishes you a smooth and pleasant recovery. Following these instructions will assist in your post-operative healing. If you have any questions, please call the office during office hours for a faster response. A 24-hour answering service is available for after-hours contact with the doctor.**