



CHESAPEAKE

Oral Surgery & Dental Implants

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Instructions Following Removal of Wisdom Teeth / Dental Extractions

- Bleeding** When you leave the office, there will be gauze on the surgical site. Maintain firm pressure on the gauze for 45 minutes. After 45 minutes, remove the gauze and replace it only if there is still blood flowing out of the surgical site. If bleeding persists, bite on a tea bag for 30 minutes. Please keep in mind that reddish-colored saliva is normal for the first 24 to 48 hours, however, if there is an excessive amount of blood in the mouth, you should contact the office immediately.
- Hygiene** No spitting or sucking through a straw for 36 hours after surgery as this can promote bleeding and delay healing. You can rinse your mouth out gently with warm salt water (1/4 tsp. salt in 8oz. glass warm water) after the bleeding has stopped. You can gently brush your teeth during the first 24 hours avoiding the surgical site. After the first day you can follow your usual oral hygiene routine.
- Swelling** A certain amount of swelling and possibly bruising of the skin around the jaw area is normal. You should apply an ice pack against the face 20 min. on and 20 min. off for the first 48 hours. Keep your head elevated if lying down. After 48 hours apply warm moist heat to your face 3 to 4 times a day for 10 minutes. The swelling usually peaks the third day after surgery.
- Diet** Remove the gauze before eating. Your first meal after surgery should be light. Carefully drink a room temperature or colder beverage. Begin with a soft diet (applesauce, mashed potatoes, milk shakes). You can advance to solid food and a regular diet as tolerated. Do not skip meals. Do not drink through a straw for the first 36 hours as this can promote bleeding and delay healing.
- Medications** Take the prescribed medication as directed for pain relief. Do not take any medication on an empty stomach. It is best to take a dose of pain medication as soon as possible after leaving the office, prior to the numbness wearing off. Over-the-counter medications (Tylenol and ibuprofen) can also be taken instead of the narcotic pain medication. If you are given antibiotics, you can start taking them as soon as possible. Narcotic refills will only be processed during office hours.
- Activity** Restrict your physical activity for the first 24 hours following your surgery. If you want to lie down, keep your head elevated. If you have had I.V. sedation you should not drive a vehicle or operate any machinery for the first 24 hours following surgery. If you need to drive or operate machinery during the day, you can take over-the-counter medication for pain relief. You can then take your prescribed pain medication at night as needed.