

## Instructions Following Removal of Wisdom Teeth / Dental Extractions

**\*\*If you experience any cold/flu-like symptoms within the next 14 days please call our office\*\***

- 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 24-48 hours, however, if there is an excessive amount of blood in the mouth, you should contact the office immediately.
- Medications** Do not take any medication on an empty stomach. Take a dose of over-the-counter (OTC) pain medication (Tylenol and ibuprofen together; you may use up to 1000mg Tylenol and 600-800mg ibuprofen every 6-8 hours) as soon as possible after leaving the office, prior to the numbness wearing off. If you were prescribed a narcotic use it only if absolutely necessary. If you need to drive or operate machinery during the day, only take OTC medication for pain relief. Please note that narcotic refills will only be processed during office hours.
- Swelling** A certain amount of swelling and possibly bruising of the skin around the jaw area is normal. If needed, the day of your surgery and the following day you should apply ice against the face: 20 minutes on/20 minutes off. After 48 hours, switch to a warm moist heat on your face: 3 to 4 times a day for 10 minutes; a damp, heated washcloth works well and can be heated to a tolerable temperature in the microwave. Keep your head elevated if lying down. The swelling usually peaks the second day after surgery.
- Hygiene** No smoking, or vigorous rinsing, gargling, spitting for 48 hours after surgery as this can promote bleeding and delay healing. The day after your surgery you can begin gently rinsing your mouth out with warm salt water (1/4 tsp. salt in 8oz. glass warm water). Use a soft toothbrush to maintain proper oral hygiene, but carefully avoid the surgical site(s) for the first few days. If stitches were placed, they are dissolvable and may last up to two weeks. Be careful not to disturb the stitches when cleaning your mouth.
- 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.
- Diet** Remove the gauze before eating. Do not skip meals. Begin with a soft diet (applesauce, mashed potatoes, milkshakes, etc.), you can advance to more solid foods as you can tolerate it. Do not drink through a straw for the first 48 hours as this can promote bleeding and delay healing.

