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## POST-SURGICAL CARE INFORMATION

The following directives will cover important information regarding proper post-surgical care for general and wisdom tooth extractions. If you have been scheduled to have teeth extracted, it will be important to follow these instructions exactly as presented.

### MEDICATION

Discomfort is normal after the extraction of teeth. If Ibuprofen and/or Tylenol alone won't control your pain, take your prescribed narcotic. Ibuprofen and your prescribed narcotic can be taken together. Be certain to take your pain medication with food, this will help prevent nausea. Remember, narcotic pain medicine will impair your judgment and reflexes.



### GAUZE PADS



Gauze pads should be placed directly over the extraction site(s) and held in place with firm biting pressure. Proper placement will help you not swallow blood, which can make you nauseated. Replace the gauze pads every 30-40 minutes, or as needed. When the gauze pads have little or no blood on them, they are no longer necessary. The amount of bleeding will vary from person to person. Most of your bleeding will slow within 3-4 hours, but a small amount of bleeding is common for up to 24 hours.

### ORAL RINSE

Do not rinse on the day of surgery, it may prolong your bleeding. Begin oral rinse the day after surgery and continue for 1 week. Rinse with prescribed oral rinse 2-3 times each day.



### ICE PACK



Swelling is normal after surgery & a major cause of post-extraction discomfort. Swelling typically peaks by the third day and then starts to resolve, it can be reduced by the use of an ice pack. Apply the ice pack to the impacted side of your face for 20 minutes, then transfer it to the opposite side for another 20 minutes. Continue icing the face for the first 24 hours. Do not freeze the skin. Ice packs are useful for the first 24 hours only. Also, keep your head elevated on two pillows for 3-4 days. These measures will not eliminate the swelling, but they will help to reduce its severity.

## DIET

To allow blood clots to form undisturbed, do not eat for 1-2 hours after surgery (liquids only). Gradually ramp up your diet as tolerated. Always cool down any hot foods or liquids during the first 24 hours. You should only eat soft foods for the first week, such as: soups, eggs, mashed potatoes and meatloaf. For the next 3-7 days (if you had lower wisdom teeth extracted) do not eat any hard, crunchy or very chewy foods, such as: European breads, pizza crust, steak, jerky, nuts or popcorn. To help prevent dry socket, do not use a straw for the first 3-5 days after surgery.



## ORAL HYGIENE



Begin brushing your teeth the day after surgery. It is important to brush all of your teeth, even if the teeth and gums are sensitive. Bacterial plaque and food accumulation near the extraction site will delay healing. Unless told otherwise, avoid vigorous physical activity for 5 days following your surgery. Physical activity increases your blood pressure, which will cause an increase in your swelling, pain and bleeding. You may gradually increase your activity, such as jogging or tennis, 3-4 days after surgery.

## SMOKING

Do not smoke for at least a week after surgery. Smoking will increase your bleeding. The nicotine in tobacco will impair healing and may cause dry socket.



## SPECIAL CONSIDERATION

Removal of impacted teeth is a surgical procedure. Post-operative problems are not unusual, and extra care must be taken to avoid complications.

1. Severity of post-operative pain will depend on the procedure & your physical condition. Take medication for pain precisely as directed.
2. Healing is usually slow in the affected area.
3. A large swelling can be expected. Be certain to apply ice packs as directed previously.
4. Difficulty with opening mouth widely and discomfort upon swallowing should be anticipated.
5. Numbness of lips and/or tongue on the affected side may be experienced for a variable period of time.
6. Stitches dissolve in 3-10 days.

## IN CASE OF PROBLEMS

You shouldn't experience any trouble if you follow the instructions and suggestions as outlined. But if you do have any problems, such as excessive bleeding or pain, contact us for further instructions or additional treatment.