

Post op Instructions following wisdom tooth extractions:

**Pain:** Take one prescribed pain pill as soon as you can after leaving the office. Do not take this pill on an empty stomach as it may result in nausea. A liquid or at least a soft diet should be consumed prior to taking the pain medicine. Moderate discomfort is to be expected but your pain medicine should hold this to a minimum. If not medically contraindicated, (renal dysfunction, history of bleeding ulcers, allergies, etc.), Ibuprofen may be taken in conjunction with your pain pill for severe pain or in place of it for mild pain. For adults, an acceptable dosage for Ibuprofen is 400-600 milligrams every 6 hours. For children, please refer to the bottle's labeling, contact your pharmacist or our office.

**Bleeding:** Approximately 20-30 minutes after leaving the office, replace any gauze pads with fresh, damp gauze pads and apply moderate biting pressure. This should be repeated every 20-30 minutes until the bleeding stops. Moistened tea bags wrapped in gauze may also be helpful. Do not be alarmed at a slight oozing which may continue for several days. If profuse bleeding should occur that cannot be controlled by pressure, please notify our office.

**Swelling and Jaw Stiffness (Trismus):** Place an icebag on the face over the area where surgery has been performed. Swelling may occur to varying degrees according to different individuals. Early use of an icepack may reduce this condition, but is seldom of any benefit after the first 24 hours. Swelling is to be expected and will reach its maximum point approximately 72 hours after surgery. Placement of the patient in a semi-reclined position (Elevate the Head) will also aid in reducing swelling. Trismus is normal for several days and may be relieved with light stretching.

**Hygiene:** Do not rinse mouth with anything for the first 12 hours, as there is a potential of damaging the blood clot and prolonging the bleeding. Warm salt water (one level teaspoon of table salt to a full glass of water) may be used as a gently mouth rinse, beginning the day following surgery and should be used four to five times per day for one week.

Maintain oral hygiene with a toothbrush being careful not to irritate the surgical area. You may use a Q-tip to cleanse tender areas. Maintaining cleanliness of the mouth is essential to rapid healing and to prevent or control any postoperative infection.

**Eating:** Occasionally a problem after Oral Surgery procedures, we recommend a liquid or soft diet be instituted. Milkshakes, malts, eggs, soups, broths, fruit juices, ice cream, gelatin, pudding are such examples. You may advance your diet as tolerated. Adequate fluid intake is also important. Drink an equivalent of 8-10 glasses of fluid per day. Our office recommends NOT using a straw or any forceful spitting for 1 week after surgery as this may disturb the clot that forms in the socket.

**Activity:** Do not drive a vehicle or operate machinery for 24 hours or while on pain medications. Rest as much as possible for 24-48 hours.

Do not smoke for 1 week following surgery. This can delay the healing process.

Sometimes the corners of the mouth are stretched and can lead to dryness and cracking. If this occurred, they should be kept moist with Vaseline.

Bruising may occur on the face adjacent to the surgical sites. The typically resolves in a few days. Moist heat can help resolve the bruising.

If sutures were placed at the extraction sites, these will be dissolvable unless you were instructed otherwise. These typically dissolve in 3-4 days. Premature loss of the sutures is OK as long as you maintain optimal oral hygiene.

Severe pain may occur 4-5 days after surgery. This may be an indication of a “dry socket.” If this cannot be controlled with your pain medicine, feel free to contact our office. Many times a small resorbable medicated dressing can be placed that will aid in pain relief.

Women taking birth control pills are cautioned about the use of antibiotics. Taking antibiotics may decrease the effectiveness of birth control pills. Alternate methods of protection are recommended.

#### Pain Medicine Refills:

Due to new Federal and State laws and guidelines, pain medications CANNOT be called into a pharmacy but must be presented to the patient as a hand written prescription. Should you need an additional pain prescription, you must contact our office during our normal operating hours.

If for any reason you become alarmed or concerned about your condition, please call our office at (270) 926-6100. This number is answered 24 hours a day and one doctor of this group is always on call and available to help you.