

TOOTH EXTRACTION

HOME CARE INSTRUCTIONS

BLEEDING

Oozing from the extraction sites is to be expected. Remember a little blood mixed with saliva looks like a lot of blood. To control the flowing blood, gauze packs will be placed at the end of the procedure. You should maintain firm pressure on the gauze by biting for 30 to 45 minutes until the flowing blood has stopped. Generally, a blood clot will form within two or three changes of the gauze packs.

DISCOMFORT

It is normal to experience discomfort after oral surgery especially wisdom tooth extraction. You will be prescribed medication(s) to help minimize your postoperative level of pain. Take the medications as prescribed, do not dissolve them in your mouth or place them in/on the wound. Keep your head elevated this will also help to decrease the swelling and the discomfort. If you are given a narcotic pain medication (examples are Percocet, Darvocet N-100, and Tylenol #3) do not mix with other narcotics, do not drive, operate machinery or drink alcohol while you are taking that medication. Some medications can cause nausea or stomach upset. If this occurs contact the clinic at:

SWELLING

The swelling will reach its peak during the second and third day after your surgery, it will then start to resolve. Most of the swelling should be gone at the one-week point. For the first 8 hours after your surgery ice packs can be placed along the jaw, in front of your ears, for periods of 20 minutes on and 10 minutes off. You should not use any ice after the first 24 hours. Warm, moist packs can be applied after the first 24 hours if you desire.

DIET

A liquid diet should be maintained after surgery for that day. You can then advance to a soft diet for the next 2 to 3 days. For the remainder of the healing period common sense is advised—"if it hurts to eat it, don't eat it". You should make a conscious effort to drink plenty of fluids; it is very easy to get dehydrated.

HYGIENE

Do not brush your teeth the night of surgery. Starting the day after surgery you should begin brushing your teeth being gentle in the area of the surgical sites. You may be prescribed a mouth rinse (Peridex). You should rinse gently twice a day, after your surgery, with mouth rinse or warm salt water for a total of seven days.

ACTIVITY

Limited activity is important for the first 24 hours. Avoid any strenuous exercise, heavy lifting, etc., for the week after the surgery. You can then return to normal activities, as you feel comfortable.

THINGS TO AVOID

Avoid any vigorous rinsing, sucking on straws, or spitting for the first 72 hours. Avoid alcohol, carbonated drinks, and excessively hot drinks for the first 72 hours after surgery. **No smoking** (or use of any tobacco product) for at least 72 hours after your surgery a week is even better.

EMERGENCY

If you experience any unusual difficulties such as excessive bleeding, a rise in temperature above 100.5, constant and unrelieved pain after the third day-return to the clinic during business hours if possible.