

POST-OPERATIVE INSTRUCTIONS

Wisdom Teeth and Surgical Extractions

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office.

ORAL HYGIENE

- Do not rinse your mouth for 24 hours after the procedure. After 24 hours you may start rinsing with warm salt water ($\frac{1}{2}$ teaspoon of salt in a glass of warm water). After a few days you may rinse with Listerine (diluted $\frac{1}{2}$ water, $\frac{1}{2}$ Listerine). These rinses should be done after any snack or meals. Rinsing is important because it removes food particles and debris from the socket area, helping to prevent infection and promote healing.
- Resume regular brushing after surgery, but avoid disturbing the surgical site as not to loosen or remove the blood clot.

BLEEDING

- Some bleeding or redness in the saliva is normal during the first day or two after surgery. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a moistened gauze pad placed directly on the bleeding wound for 30-60 minutes.
- If bleeding continues, create firm direct pressure by biting on a moistened tea bag placed over the surgical site for 30-60 minutes. Tea has tannic acid which is an astringent. Direct pressure and the tannic acid will constrict blood vessels and help to stop the bleeding. Do this consecutively every 20 minutes for 2 hours. If active bleeding persists please call our office for further instructions.
- When you lie down keep your head elevated on a pillow.

SWELLING

- It is normal to have swelling after surgery. The swelling may increase after the second or third day of the surgical procedure. Following that, the swelling should decrease. Swelling can be controlled initially by placing ice to the face for the first 24 hours, 30 minutes on and then 30 minutes off. After the first 24 hours, heat should be used to decrease the discomfort and swelling. The application of heat will also help with stiffness in the jaw area.

DIET

- You may begin drinking fluids after the bleeding has stopped. We encourage you to not drink anything **HOT** for 12 hours. Avoid drinking carbonated beverages or alcohol for several days following the surgery. **DO NOT USE STRAWS**, it may dislodge the blood clot and delay healing.
- Nutritious diet during the healing period is very important. You may start eating as soon as numbness wears off and bleeding stops. Soft foods are advised, this may include scrambled eggs, soup, cottage cheese, yogurt, ice cream, Jell-O, pudding, apple sauce, bananas, mashed potatoes, well-cooked pastas, and milk shakes (with a spoon).

ACTIVITY

- **LIMIT PHYSICAL ACTIVITY** during the first 3 days after surgery. Over exertion may lead to postoperative bleeding and discomfort. Usually contact sports should not be resumed for approximately 1 week postoperatively. Musical wind instruments should be avoided for 2-3 weeks. **DO NOT SMOKE, to include vaping and the use of marijuana, after surgery for 2 weeks.** Nicotine may break down the blood clot and cause a "dry socket".

MEDICATIONS

You may be prescribed an antibiotic and Ibuprofen, an over the counter (OTC) pain medication, to take post operatively. Take Ibuprofen 800 mg every 8 hours for the first week. **(OTC Ibuprofen is 200mg/ea. take 4 tablets)**. Your prescribed medications play an extremely important role in your healing. The purpose of these medications is to prevent infection and control swelling and pain. If you are currently taking Meloxicam, Celebrex, or any other NSAID you should not take Ibuprofen in addition. ***DO NOT** take Ibuprofen if you have certain medical conditions, ie: stomach problems/ulcers, liver or kidney disease, a bleeding or blood clotting disorder and on any blood thinners. If you have any questions, ask your surgeon or pharmacist.

- **ANTIBIOTICS**

Depending on your surgery, antibiotics may be given to decrease the chance of infection after the surgery. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. If you take birth control pills, you should be aware that the birth control may become ineffective, therefore take appropriate precautions.

- **PAIN**

You may experience pain after the surgery. Prescription pain medication may be provided although some patients may prefer to take Ibuprofen only for the pain. It is important to at least take the Ibuprofen due to swelling that normally occurs with this type of surgery. ***DO NOT** take Ibuprofen if you have certain medical conditions, ie: stomach problems/ulcers, liver or kidney disease, a bleeding or blood clotting disorder and on any blood thinners. Remember that narcotics can make you drowsy, so no driving, operating machinery, or drinking alcoholic beverages while you are taking them. **Refills on pain medication CAN NOT be called in to the pharmacy, if you need additional pain medication, you will need to be seen by your surgeon. Therefore, pain meds will not be given over the weekend.**

Pain medications can cause constipation; therefore we recommended taking a stool softener while on the pain medicine.

EMERGENCY

- If you experience any problem following the surgery, please call our office at 501-623-4485.

Refer to our website for frequently asked questions

<https://www.arsurgeons.com/patient-information/frequently-asked-questions/>