

APPALACHIAN ORAL SURGERY CENTER

3433 University Avenue, Suite 1

Morgantown, WV 26505

Office: (304) 322 - 4532

POST-OPERATIVE INSTRUCTIONS: WISDOM TEETH REMOVAL

BLEEDING: Keep pressure on the gauze for 60 minutes. If it is still bleeding after 60 minutes, bite on another piece or a tea bag for 60 minutes. Take the gauze out to eat/drink and take pain medication. **Please remove gauze before taking a nap and at bedtime (sleeping with gauze can pose a choking hazard).** Small amounts of blood in saliva can make your saliva appear red/pink. This is normal and may be noticed for 2-3 days after the procedure.

SMOKING: Healing and success of the surgery will be reduced by smoking. Smokers are at greater risk of developing a painful DRY SOCKET. It is best to not smoke after surgery for at least 1 week.

PAIN/SWELLING: Discomfort is normal after surgery. Take pain medication as directed and do NOT exceed the dose. Taking medication with food or milk will help reduce upset stomach. Do not drive, operate heavy machinery, or drink alcohol on pain medications.

Icing and warming the surgical area will help reduce swelling and bruising:

- 1) Apply the cold pack to the painful/swollen area for 5 minutes.
- 2) Remove and apply the warm compress for 2 minutes
- 3) Repeat the process 3 times always finishing with COLD.
- 4) Perform the above steps 3 times per day for the first 48 hours for maximum effect.

STITCHES: Placed to control bleeding and aid healing. They will *dissolve* in 5 to 7 days.

NUMBNESS: You will be numb for several hours due to local anesthetic. Be careful not to bite, chew, pinch, or scratch the numb area. You may not be able to gauge temperature so be aware of hot foods and drinks.

BRUSHING: Begin to brush your teeth gently immediately to maintain excellent oral hygiene during the healing process. Avoid rinsing/swishing for 48 hours. Begin gentle rinsing with saltwater solution (1/2 tsp salt + 8oz warm water) two times a day, after 48 hours; otherwise, this may disturb the blood clot leading to dry socket. Avoid commercial mouth rinses for 1 week.

DIET & ACTIVITY: After leaving the office we encourage you rest for the remainder of the day. Eat soft foods for the first 48 hours then return to normal regular meals as tolerated. Stay hydrated by drinking plenty of water. Avoid straws for 1 week to prevent the clot from dislodging. Do not lift more than 10lbs or partake in strenuous activities for a week.

ANTIBIOTICS: Take the medication as directed. **Women:** Antibiotics can reduce the effectiveness of birth control pills so use alternate birth control methods for 2 months.

PLEASE CALL YOUR SURGEON (304 - 322 - 4532) IF YOU HAVE:

- Uncontrollable pain or excessive bleeding
- Fever (101.5 F)
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications (e.g., rash, itching, or difficulty breathing)
- Persistent numbness longer than 48 hours