



616 W. 18th, Edmond, Oklahoma 73013

(405) 340-SAND (7263)

Post-Op Instructions for Wisdom Tooth Extraction

PLEASE TRY NOT TO DISTURB THE AREA for the next few days, and especially the first 24 hours as it is very important to allow your body to form a good clot and start the natural healing process.

BLEEDING: When you leave the office, you will be biting on a gauze pad to control bleeding. Keep *slight* pressure on this gauze for at least 30 minutes. Do not change the gauze during this time as it needs to remain undisturbed while a clot forms in the extraction site. After 30 minutes you may remove the gauze; however, if bleeding continues, replace the gauze for an additional 30 minutes. Small amounts of blood in the saliva is normal for the rest of the day after the procedure.

Persistent Bleeding: If this should occur, it generally means the gauze is being clenched between the teeth only and is not applying correct pressure on the extraction site. If bleeding persists or begins again, sit upright in a recliner, avoid physical activity, and use ice packs covered in a thin towel. In place of the gauze, you can also use a moistened tea bag for 30 minutes as the tannic acid in the tea leaves helps to promote blood clotting.

SMOKING: Smoking should be stopped prior to and following surgery. Healing is reduced by the cigarette smoke.

PAIN: Some discomfort is normal after surgery. To minimize pain, take Tylenol, Advil or similar non-aspirin pain reliever every 4 to 6 hours until bedtime to maintain comfort. Begin taking it before the anesthesia wears off. If prescription pain medicine is prescribed, take it as instructed. ***Do not exceed the dose on the label.*** Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.

NAUSEA: This is most often caused by taking pain medications on an empty stomach. You can reduce nausea by eating soft food prior to taking the medication, as well as drinking a large glass of water with the medication. If nausea medications are given, take them as instructed, *being sure to not exceed the dose on the label.*

SWELLING: Apply an ice bag covered in a thin towel to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes for the remainder of the first day.

NUMBNESS: The local anesthetic will cause numbness for several hours after leaving the office. Be very careful not to bite, chew, pinch or scratch the numb area. This procedure may cause residual numbness or singling for six weeks or longer which is normal in most cases.

BRUSHING: Do not brush your teeth for the first 8 hours after surgery. You may then brush your teeth gently, being careful around the areas where the surgery took place.

RINSING: Avoid all rinsing or swishing for 24 hours after your procedure. After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water). Do not use over the counter mouth rinse as this may cause burning. You may also be instructed to use a prescription antimicrobial mouth rinse.

DIET: Eat soft foods (see list below) for the first two days. Return to normal balanced meals as soon as you feel comfortable doing so. Be sure to drink plenty of water and avoid alcohol for 48 hours.

FOODS TO EAT & DRINK WHILE NUMB:

Drink:

- Water (cold)
- Juice
- Ice Chips (do not chew)
- Pedialyte (pediatrics)

Eat:

- Applesauce
- Jell-O
- Yogurt
- Milkshake

SOFT FOODS WHEN NUMBNESS IS GONE:

- Mashed Potatoes
- Pasta
- Eggs
- Pancakes
- Creamed Cereals
- Soups (be careful – not too hot)

You may increase diet as tolerated.

ACTIVITY: Following your procedure, rest and avoid strenuous activities for the remainder of the day.

ANTIBIOTICS: If you were given an antibiotic prescription, take all of them as directed.

PLEASE CALL either Dr. McKinney or the office if you have any of the following symptoms or any questions regarding the above instructions:

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling a few days or more following procedure
- Reactions to medications, especially rash, itching or breathing difficulty