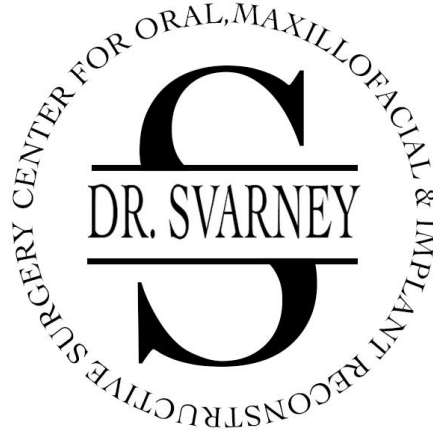


POST-OPERATIVE INSTRUCTIONS

WHAT TO EXPECT AND HOW TO CARE FOR YOURSELF PROPERLY AFTER YOUR SURGERY

Third Molar and Dental Extractions



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WHAT TO EXPECT AND HOW TO CARE FOR YOURSELF DURING THE POST-OPERATIVE PERIOD:

THE INSTRUCTIONS YOU ARE GIVEN AID IN SPEEDING YOUR HEALING AND HELP AVOID POST-OPERATIVE COMPLICATIONS. FAILURE TO FOLLOW THEM EXACTLY CAN LEAD TO SIGNIFICANT PROBLEMS. PLEASE READ THEM CLOSELY. FEEL FREE TO CALL IF YOU HAVE FURTHER QUESTIONS.

- **NO SMOKING FOR 5-7 DAYS.**
- **NO DRINKING OUT OF STRAW/FORCEFULLY SPITTING FOR 5-7 DAYS**
- **NO CARBONATED BEVERAGES FOR 5-7 DAYS**
- **NO ALCOHOLIC BEVERAGES FOR 5-7 DAYS**
- **TAKE MEDICATIONS AS DIRECTED**
- **FOLLOW DIET CLOSELY**
- **USE COLD PACKS ON CHEEKS TO REDUCE SWELLING**

Bleeding: Some slight bleeding is to be expected for the first 24 hours. If the area is oozing some blood mixed with saliva, that is **NORMAL** and you do **not** need more gauze. If the area is pumping bright red blood, place a folded gauze directly over the area that's bleeding and bite down firmly for 30 minutes. **DO NOT CHEW ON THE GAUZE. DO NOT SPIT. DO NOT RINSE.** If the gauze is not stopping the bleeding, bite on a moistened tea bag for 45 minutes. (Lipton tea or other black tea is best). If still not controlled, call the office, preferably before the end of the day.

Swelling: Significant swelling is normal after difficult extractions. **The regular use of cold packs will greatly improve both your comfort and swelling.** Cold packs should be applied to the cheeks and alternate the cold packs about 20 minutes on each side. **Remember that the swelling may be bigger the second or third day after surgery.**

Bruising: It is not abnormal to see bruising after a surgical procedure. It will usually begin to resolve after 4 or 5 days but may last for over a week. No treatment is usually needed.

Nausea: Nausea may occur after anesthesia and after taking certain medications. Be sure to follow all medication instructions closely. Cool ginger-ale is often helpful to settle the stomach and will not cause harm if used moderately. If nausea is severe or persistent call the doctor.

Impactions: After removal of impacted wisdom teeth, much swelling, jaw stiffness, oozing, bruising and soreness can be expected and is normal. These things have been explained to you at your pre-op visit. If any symptoms seem unusual, call your doctor.

DRY SOCKETS: Dry sockets can usually be avoided by following instructions closely. If severe, throbbing, aching pain persists past the third day and is not well controlled with the medications, you may have a dry socket. Call the office if these symptoms occur.

ACTIVITY: Remember, excess activity will increase blood flow and cause some discomfort and swelling. Doing certain activities in moderation is OK. But it is preferred to take it easy for the next few days to avoid discomfort.

DIET: The day of surgery, frequent intake of cool liquids and non-chewable foods is important to avoid dehydration and to support good nutrition. (apple sauce, jell-o,

yogurt, smoothies, shakes, pudding, etc.) The day following the surgery, soft foods may be taken as comfort allows (pasta, mashed potatoes, soup, scrambled eggs, rice, etc.)
****AVOID foods such as: nuts, chips, pretzels, hard breads, granola, etc.**

ORAL CARE: Starting the day after surgery, brushing your teeth is OK. Also, begin frequent warm water rinsing the second day (every 2-3 hours is fine). Salt water rinsing is OK but not necessary. **If you had lower wisdom teeth removed, start using your syringe 3 days after surgery to rinse the lower sockets. Rinse them well with warm water or Peridex rinse after eating and before bed. Place the tip of the syringe gently in the socket and flush out.**

OTHER: Slight elevations in temperature are normal for a day or two. Certain medications may cause constipation. Drink plenty of fluids if using the narcotic pain medications.

SINUS PRECAUTIONS:

- **Very important if you've had sinus grafting surgery or sinus closures to sleep in a beach chair position** to obtain the best outcome for your healing. Sleeping in a recliner is ideal, but if you do not have a recliner at home sleeping with several pillows underneath you works just as well. Position yourself more upright rather than laying down flat. ***NO NOSE BLOWING FOR 2 WEEKS, EVEN THOUGH YOUR SINUS MAY FEEL "STUFFY" OR THERE MAY BE NASAL DRAINAGE***
- **TRY NOT TO SNEEZE, IT WILL CAUSE UNDESIRED SINUS PRESSURE. IF YOU DO SNEEZE DO SO ONLY WITH YOUR MOUTH OPEN.**

ORAL CARE: Starting the day after surgery, brushing your teeth is OK. Also, begin frequent warm water rinsing the second day (every 2-3 hours is fine). Salt water rinsing is OK but not necessary.

OTHER: Slight elevations in temperature are normal for a day or two. Certain medications may cause constipation. Drink plenty of fluids if using the narcotic pain medications.

Medication Instructions

Remember to always follow the medication instructions as written on the bottle and call the office if you have any unusual reactions to any of the medications that was prescribed to you.

MOTRIN (IBUPROFEN): Use the motrin as your primary pain medication. Take as instructed on the bottle. Be sure to take with food in your stomach. If you need to take the Vicodin, still take the motrin on schedule as it will help to reduce the swelling and pain more effectively than just the vicodin alone.

VICODIN/CODEINE: Use as a supplement to your motrin only as directed and as needed for pain. Taking this medication on an empty stomach can cause nausea. Take only as instructed on the bottle. When taking narcotic pain medicine, rest and sleep as much as possible since the medication can cause light headedness and fainting. Under no circumstances drive or operate machinery while using any narcotic medication.

ANTIBIOTICS: Antibiotics help to minimize risk of infection. Use exactly as directed on the bottle. Take until they are all gone unless you have been told to stop by your doctor.

PERIDEX: You will start rinse 2 days before surgery and continue the rinse until your post-operative visit. Use the rinse exactly as directed on the bottle. On occasion, it can cause some staining of your teeth but this will come off with your routine teeth cleaning.