

After Wisdom Tooth Removal

The removal of impacted teeth is a serious surgical procedure. Post-operative care is very important. Unnecessary pain and complications such as infection and swelling can be minimized if these instructions are followed carefully.

What To Expect

- **Bleeding:** There will always be some bleeding, usually on the first day and possibly the second day.
- **Numbness:** You will be numb in certain areas for a time after the procedure, depending on the procedure and medication used. If your tongue or lip is numb, please be cautious about chewing food while numb.
- **Swelling:** There will always be some swelling that occurs, and it will usually worsen for the first 48-72 hours before it starts to go down. There are ways to reduce this-see aftercare instructions.
- **Pain:** You should expect some pain and soreness varying from person to person. For most people 3-5 days of soreness and throbbing ache is expected. Please follow the prescribed pain control therapies.
- **Nausea/Vomiting:** This is rare, but some are more prone to nausea and/or vomiting.
- **Nutrition:** You may not have much of an appetite afterwards- please even if you do not feel like eating it is important to get proper nutrition, calories, and hydration for healing purposes. If you neglect this, everything becomes worse and more drawn out.

Aftercare Instructions

Day1:

- **Gauze:** Bite down gently but firmly on the gauze packs that have been placed over the surgical sites, making sure they remain in place. The gauze packs may be changed as needed within the first hour or two after the procedure. Please do not leave gauze in your mouth for more than 2 hours total.
- **Pain Control:** Dr. Russell prefers you to take safe medication using a proactive protocol, this means you will take the non-opioid medication whether in pain or not for a minimum 5-day period. We recommend 1 tab (800 mg) prescription ibuprofen (Motrin) and 1 tab Arthritis Strength acetaminophen (Tylenol) three times a day. **Take the ibuprofen and Tylenol together.**

The prescribed narcotic should only be used for breakthrough pain. It contains acetaminophen, and so a maximum of 3 tablets daily is recommended. If you find you are taking large amounts of pain medication at frequent intervals, please call our office, you may need to be seen by the doctor. Young children and those that weigh less than 100 lbs. will have different doses. **All pain medications should be taken after eating to prevent nausea.**

****No narcotic prescriptions will ever be sent in by phone request or over a weekend****

- **Nausea/Vomiting:** Most frequently caused by anesthesia medications or pain medications. Ginger Ale can be very calming to the stomach. If nausea/vomiting persists we can prescribe a medication.
- **Brushing/Oral Care:** DO NOT rinse vigorously or probe the area with any objects for 72 hours. Do not forget to brush your teeth! The cleaner the mouth/surgical area, the less chance of infection. Brush lightly in a small circular motion.
- **Cold Packs:** 48 hours of cold for 20 minutes on and 20 minutes off your cheeks. You may use the wrap and gel pack provided.
- **Diet:** Make sure that you remove the gauze to eat and drink! Your tongue and lips may still be numb, so it is advised to confine the first day's intake to liquids or pureed foods (puddings, yogurt, milk shakes, warm soup, etc.). Avoid any straws, as well as extremely hot foods and liquids. It is best to avoid foods like nuts, seeds, popcorn, chips until healed (usually 2 weeks). These may get lodged in the socket areas. Also avoid acidic juices and sodas for the first few days. Over the next several days, you may gradually progress to more solid foods (eggs, mac-n-cheese, spaghetti, soft/tender meats, etc.) See the "List of items to purchase before surgery sheet" that was given to you in your folder at the consultation appointment. It is very important to not skip any meals and drink plenty of water! A high calorie, high protein intake is very important, and if taken regularly you will feel better, gain strength, have less discomfort, and heal faster. If you are diabetic, maintain your normal eating habits or follow instructions given by your doctor.
- **Get lots of rest.**

Aftercare Instructions

Day 2 and beyond:

- **Mouth Rinses/Irrigation:** Keeping your mouth clean after surgery is essential. Begin 24 hours after surgery, using a saltwater rinse swishing VERY gently (only tilting head back and forth). Use ¼ teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse with portions of the solution at least twice daily. Beginning 72 hours after surgery, you may begin using the irrigation syringe (given to you at the surgery appointment in the post operative bag). Mix the same saltwater rinse and add a small amount of mouth rinse (alcohol free and kills germs), to the lower wisdom teeth sites. The upper sites do not need to be irrigated. After irrigating gently, swish with the fluid, and spit. This will clean out the upper extraction sites. It is VERY important that this is done correctly as this is the main avenue to prevent infection.
Please watch this YouTube video to give you an idea on how to irrigate the sites correctly: <https://www.youtube.com/watch?v=FpzE6aTPgeg> (post-operative video: Irrigation for Extraction and Wisdom teeth by Dr. Guorgui & Sedation Dentistry)
- **Hot Packs:** After 48 hours stop using cold pack and transition to using heat on your cheeks for comfort and to help increase blood flow and relax the jaw muscles.
- **Physical Activity:** Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Please avoid any strenuous activity for 1 week after your procedure.
- **Questions:** If you have any questions, please call the office at 720-870-1451. We will be happy to answer any questions or concerns.