



POST-OPERATIVE INSTRUCTIONS FOR WISDOM TEETH REMOVAL PATIENTS

**These instructions will guide you through the first few days of recovery.
All patients heal differently - listen to your body. If something hurts, do not do it!**

Bleeding is Normal and Expected

- After leaving the office, gently bite on gauze, replacing it with new gauze as needed. Remove gauze when eating or drinking, then replace if bleeding persists.
- If bleeding is not controlled with gauze alone, moisten a tea bag then apply it directly to the extraction site. This will help your body create a blood clot.
- Blood (pink) tinged saliva is normal for the first 24-48 hours.

Numbness Will Last for Several Hours After Surgery

- Begin taking post-operative medications shortly after you arrive home. Follow the medication instructions on the reverse page.
- After numbness has subsided you may add other warm nourishing foods to your diet sticking with soft foods that require limited chewing. This includes soups, scrambled eggs, and mashed potatoes.
- Drinking through a straw **IS** permitted.

Dietary Guidelines

- Eat soft, cold nourishing food limiting your intake to liquids, pureed or soft-cooked foods. High-calorie and high-protein meal replacement shakes are recommended to have on hand.

Swelling is Normal and Expected

- Swelling will typically peak about 24 - 48 hours after surgery and will subside within a week.
- During the first 24-48 hours, we recommend applying ice packs to help control bleeding.
- Once the bleeding is under control and swelling begins, you may switch to warm, moist heat to help with discomfort. (Gel packs can be warmed in the microwave for 10 seconds)

Sutures Will Dissolve Over the Next 7-10 Days

- But may come out as early as the ride home if you move your mouth too much. **They cannot be replaced.**

Restrict Your Physical Activity for 5-7 Days After Surgery

- You may return to work or school as you feel ready, typically 2-3 days after surgery.



Oral Hygiene is Important and Promotes Healing

- If you smoke, do not smoke during the first 48 hours.
- Rinse gently with warm salt water 3-4 times per day for the next 7-10 days, beginning the morning after surgery.
- Brush your teeth and avoid surgical areas.

SYRINGE INSTRUCTIONS

- Begin irrigating lower extraction sockets when you begin chewing solid foods. Please perform after every meal. Irrigate until no food is trapped in the sites to avoid infection.
- If sockets are open, rinse these areas until clear fluid is expressed.
- Use saltwater solution in a syringe created by adding table salt to warm water. The mixture ratios are flexible.

POST-OPERATIVE MEDICATIONS

- The local anesthetic administered with the general anesthetic during your surgery will last for 3-6 hours after surgery.

Please begin taking the following medications upon arrival at home and after having something cold and soft to eat (e.g., yogurt, smoothie, Jell-o, pudding, ice cream, or applesauce).

Medication	Prescribed For	Dosage
Anti-inflammatory (Motrin / Ibuprofen)	Anti-Inflammatory	Take 1 tablet 3 x per day, every 8 hours Begin within 2 hours after dismissal
Narcotic Pain Relief (Norco / Hydrocodone)	Pain Management	Take 1-2 tablets every 4-6 hours Begin 1 hour after anti-inflammatory
Phenergan (Promethazine) / Zofran (ondansetron)	Nausea or Vomiting	Take 1 tablet every 4-6 hours as needed
Antibiotic	Prevent Infection	Take as prescribed, beginning the night of surgery

Note: All the above prescriptions may be safely taken as prescribed and in conjunction with one another.

If you have any questions regarding your treatment, please do not hesitate to contact us. Please refrain from calling the after-hours number unless it is an emergency. Please note that pharmacy regulations do not allow after-hours prescriptions. If you anticipate the need for refills, call the office during business hours.

Happy Healing  - Naples Family