

Post-Operative Instructions for Impacted Wisdom Teeth

FOR THE REMAINDER OF THE DAY:

- Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva
- Do not use a drinking straw. Drink straight from the cup
- Do not smoke.
- Keep fingers & tongue away from the surgical area.

Spitting, the use of a straw, smoking, and poking the surgical area can dislodge the blood clot and/or L-PRF fibrin clot that is forming and will cause bleeding from the area. Also, smoking can increase the chances of an infection.

BLEEDING:

Some minor bleeding is expected after dental surgery. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours.

- Keep gauze on the surgical area with some biting pressure for 30-45 minutes
- If all else fails, call the office

SWELLING:

Most patients will experience some swelling in the mouth after surgery. It may be mild or severe and is different for every patient. The swelling may increase for the first 24-48 hours before it starts to subside. It may last for several days. Some bruising may also develop on the face.

DIET:

You may start with liquid and non-abrasive foods such as mashed potatoes, pasta, cottage cheese, soup, or scrambled eggs as soon as the local anesthetic has worn off. Continue this diet for the next 2 weeks or until the soft tissue is fully closed and sealed at the surgical site.

ORAL HYGIENE:

You may start rinsing tomorrow, very gently, with some warm salt water (1tsp in 80 ounces of warm water). You may brush your teeth per usual, though be very careful near the surgical sites. Starting on day 4, begin rinsing with Peridex (chlorhexidine) using the syringe provided, 4-5 times daily.

SUTURES;

Your sutures are absorbable, and will be checked at your 1 week post-op visit. Be diligent at keeping them clean to avoid infection.

MEDICATIONS:

You were probably given one or more prescriptions for medications. Take all as directed on the bottle. Call the office if you experience severe nausea or diarrhea, or cannot swallow your pills.

- **Antibiotics:** Continue until the bottle is empty. Do not quit halfway.
- **Pain Medication:** You should be on the pain pack protocol for a minimum of the next few days, 800mg Ibuprofen & 1000mg Tylenol, taken together every 8 hours. Sometimes it is necessary to take narcotic pain medication, Tramadol, for "breakthrough" pain. Feel free to take this medication in a scheduled fashion every 4-6 hours for the first 24 hours and as needed thereafter. Remember that narcotics can make you drowsy, so no driving, swimming or operating machinery, or drinking alcoholic beverages while taking them.
- You may wean yourself off of the narcotic medication and substitute 500mg of acetaminophen (Tylenol).
- If directed to do so, you may use ibuprofen, 800mg, every 8 hours while awake, for the first 4 or 5 days.

ACTIVITY:

Once you are no longer taking narcotic pain medication, you may resume your normal activities as you feel up to it. Go easy at first with exercise & recreation for 10-14 days, and increase your activity slowly over several days until you are back to your normal routine.

Please follow these instructions as closely as possible. They are designed to help you heal quickly and comfortably.

QUESTIONS?

We are here for you.

If you have a question about your procedure or treatment plan, our office has 24-hour surgeon availability. If you would like to speak to your surgeon, please contact us at any time.

During business hours, please call our office. After hours, please call our office and our answering service will contact a surgeon. We will get back to you as soon as possible.

Office- 801-776-2461

Dr. David S. Cox, DDS, MBA & Staff