

Simply Wisdom Teeth

(Post Op Instructions)

Office Phone #(435) 652-1243
After hours phone #(435) 414-5332

Everything you should need for recovery is on this paper, if you are doing everything and something still doesn't feel right please don't hesitate to call the office.

Home Care

1. Bite on gauze. Change the gauze every 20-30 minutes for the first couple of hours. Lots of pressure will slow the bleeding faster. Bleeding typically lasts 1-2 hours but some light oozing can occur up to 24-48 hours. When resting its best to keep your head elevated slightly.

2. Apply Ice. For the first 36 hours its best to ice your cheeks. 20 minutes on and 20 minutes off is the best way to do this. After 36 hours the ice will not help with the swelling anymore. If you are still swollen after 36 hours its best to transition to heat.

3. No Rinsing. For the first 24 hours after surgery do not rinse your mouth, we want to develop a good blood clot where the tooth use to be. After the first 24 hours you can begin to rinse 10-15 times per day or as needed. The best way to do this is with a small amount of Salt Water and be as gentle as possible **NO SWISHING OR SPITTING!** just rinse gently and let the water fall out of your mouth. We want to keep the blood clot that formed in the socket to stay in the socket.

4. Soft Food Diet. For 5-7 days following surgery we recommend a soft food diet. After each meal rinse gently as directed in #3. Here are a few ideas of foods you can eat.

smoothies (w/o seeds)
yogurt, pudding, jello
popsicles

mashed potatoes
creamy soups
ice cream

instant breakfast
apple sauce
nutritional drinks

5. Prescriptions. refer to the prescription handout, get medications started as soon as possible. The patient should be numb for 5-7 hours following the surgery.

6. Stitches. The stitches we use will dissolve in 2-4 days. If they dissolve earlier or later than that please don't panic. As long as your bleeding is under control there is nothing to worry about.

Post Operative Complications to be aware of

If you are having extreme pain that is not controlled with pain meds, bleeding that is uncontrollable, difficulty breathing, itching, hives etc. please call the office or after hours line immediately. However some of the most common post operative problems can be dealt with at home. Below are a few common issues and how to handle them.

1. Bleeding won't stop. see #1 above, be sure that the gauze is being placed directly behind last tooth and over the socket where the wisdom tooth was. Be sure to apply pressure and leave it alone for 20 minutes. If after 2 hours of repeating this and you are still having bleeding please call the office.

2. Uncontrollable Pain. Wisdom Tooth Removal is a complex surgery involving skin, muscle, bone, and nerves. Post operative pain and discomfort is to be expected and is normal. Your pain medication should be able to relieve most of that pain and discomfort. Follow the pain regimen and if at any time you are having pain that is not able to be controlled with the pain medicine please contact the office.

3. Vomiting. Unfortunately, vomiting is a common side affect to IV anesthesia. We will use anti nausea medication in the IV to help with this. If you are still having issues vomiting don't panic or worry. Be sure to fill the anti nausea medication and get that into your system as quick as possible. Sometimes vomiting can make the surgical sites bleed again. If this is the case for you, simply go back to #1 "bleeding won't stop" and follow those instructions.

DRY SOCKET

Dry socket is the most common complication that we see. It happens in about 5% of cases. Dry socket happens when the blood clot that was formed in the socket is subsequently lost. This can happen from any of the following

- 1- rinsing too aggressively
- 2- eating solid foods
- 3- exercising or doing activities that raise your heart rate
- 4- smoking
- 5- any activity that involves sucking, spitting, swishing etc.

If you get dry socket you will know it because the pain medication will not help with the pain. Typically dry socket happens around day 5-7 of recovery. If this happens to you please call the office and we will have you come in for treatment.

INFECTION OR SWELLING AFTER 7 DAYS

It is not uncommon for swelling to return after a week or recovery. Everything will feel good and then you will wake up with swollen cheeks and mild discomfort. This means that we developed a secondary infection and need to start you on another round of antibiotics. If this happens to you please call the office.