

## WISDOM TEETH POST-SURGICAL INSTRUCTIONS

Bleeding	<ul style="list-style-type: none"> <li>• After surgery, bleeding or oozing can be expected.</li> <li>• If bleeding occurs, it may be stopped by folding gauze, placing it over the tooth sockets and applying firm biting pressure for 30 minutes or longer.</li> <li>• Excessive bleeding that cannot be stopped with pressure needs to be addressed in the dental clinic or emergency room.</li> </ul>
Pain and swelling	<ul style="list-style-type: none"> <li>• To reduce pain, use your prescribed medications.</li> <li>• Pain and swelling are not unusual and should peak three to four days after your surgery.</li> <li>• You may experience bruising on your face or neck.</li> <li>• For swelling, place an ice pack on the area for 10 minutes on and 20 minutes off.</li> <li>• Large facial swelling should be reported to Dr. Miller or the ER.</li> </ul>
Physical Activity	<ul style="list-style-type: none"> <li>• Avoid vigorous physical activity during the first seven days of recovery.</li> <li>• Try to keep your head elevated for the first 24 hours.</li> </ul>
Sinus Precautions	<ul style="list-style-type: none"> <li>• If Dr. Miller specifically gave you sinus precautions, do NOT blow your nose for six weeks.</li> <li>• If you must sneeze, keep your mouth open.</li> <li>• If Dr. Miller did not discuss these issues with you then they do not apply.</li> </ul>
Diet	<ul style="list-style-type: none"> <li>• Liquid diet for the first 2 days, soft foods may be introduced day 3.</li> <li>• You may begin with food/fluids immediately post op after removing the gauze.</li> <li>• Drink plenty of liquids to stay hydrated.</li> <li>• Avoid using straws, spitting, or swishing.</li> <li>• Gradually return to a normal diet after one week.</li> </ul>
Oral Hygiene	<ul style="list-style-type: none"> <li>• Brush with care around the surgical site and continue to brush and floss the teeth NOT involved in the surgical site.</li> <li>• Use only the prescribed antibacterial mouthwash (Peridex) to keep the surgical site clean. Do not swish, as this could disturb the site.</li> <li>• Use syringe to irrigate extraction sockets after each meal beginning on day 7, irrigate with Peridex or warm salt water. Continue until holes are closed.</li> </ul>
Sutures	<ul style="list-style-type: none"> <li>• If stitches were placed on the bottom tooth sockets, they will fall out on their own within 1-2 weeks.</li> <li>• Do not disturb or remove sutures, this may impair healing and or lead to an unsuccessful outcome.</li> </ul>
Smoking/Drinking	<ul style="list-style-type: none"> <li>• Smoking greatly increases your risk of dry socket, infection, and delayed healing and should be avoided.</li> <li>• Avoid alcohol while taking pain medication.</li> </ul>

## MEDICATIONS

Pain Relief	<ul style="list-style-type: none"> <li>❑ Ibuprofen 600 mg: Take 1 tablet every six hours.</li> <li>❑ Tylenol (Acetaminophen) 500 mg: Take 1 tablet every six hours to reduce pain.</li> <li>❑ Oxycodone 5 mg (If prescribed): Take 1 tablet as rescue for severe pain. Do not exceed four tablets in 24 hours.</li> </ul>	<ul style="list-style-type: none"> <li>• Ibuprofen, Tylenol and Oxycodone are all safe to take together, as prescribed.</li> <li>• Ibuprofen and Tylenol are most effective when taken together as prescribed for the first two days and as needed following.</li> <li>• Do NOT take more than the recommended number of tablets or reduce the time between doses, it will <u>NOT</u> give more pain relief and is harmful to your body.</li> </ul>
Antibacterial Mouth Rinse	<ul style="list-style-type: none"> <li>• Peridex Mouth Rinse: Starting on day 3, gently rinse for 30 seconds in the morning and night for 2 weeks.</li> </ul>	
Sinus Medication (if prescribed)	<ul style="list-style-type: none"> <li>• Oxymetazoline (Afrin) Nasal Spray: 1-2 sprays in each nostril twice daily. Use this only if you have a stuffy nose. Do NOT use for more than three days.</li> <li>• Pseudoephedrine 25 mg: Take 1-2 tabs every six hours to reduce sinus congestion.</li> </ul>	
Steroid (If prescribed)	<ul style="list-style-type: none"> <li>• Medrol Dose Pak: Use as directed on package.</li> </ul>	
Antibiotic	<ul style="list-style-type: none"> <li>• If prescribed, take as indicated.</li> </ul>	

### How do I know when to call Dr. Miller?

Call if you experience any of the following symptoms:

- Numbness of lip, cheek, or tongue the day after the procedure.
- Uncontrollable pain.
- Excessive bleeding.
- Reactions to medications.
- Excessive swelling that is spreading or enlarging 60 hours after the procedure

**Please contact Dr. Miller if you experience excessive pain even after taking your prescribed pain medications, numbness or tingling 24 hours after surgery, bleeding from the nose, infection or fever.**