



POST SURGERY INSTRUCTIONS

General Instructions

TODAY, after surgery and once at home:

- **Remove gauze** packs from mouth. Eat soft food and drink water immediately, then replace with fresh gauze. Always remove gauze from mouth prior to eating.
- **Drink water**, 7-Up or other clear liquids. Have ice cream, yogurt, or pudding, something to coat the stomach. Stick to soft foods – avoid anything hard or crunchy – no chips, nuts, or seeds for the next week. It is important to drink and eat. Stay well hydrated.
- **Place fresh gauze** packs near surgical site(s), checking hourly and changing as needed. When bleeding has subsided the gauze is no longer necessary. Do not sleep with gauze in the mouth tonight.
- **Rest** and relax. Recline at about 45° angle through the day, and sleep with several pillows tonight.
- **Take medication** for discomfort when sensation begins to return (e.g. tingling, “pins and needles”). Take prescription medications immediately after eating. Do not wait until you are having discomfort.
- **Do not drive** or operate machinery for the next twenty-four hours, or while taking prescription pain medication thereafter.
- **Do not brush** teeth or rinse mouth for the next twenty-four hours. Teeth may be cleansed with a damp cloth if desired.
- **Do not use a straw** or sports bottle, nor rise vigorously, for the next week. Do not spit, smoke, or otherwise create suction in the mouth for at least seventy-two hours post-surgery.

TOMORROW (twenty-four to forty-eight hours after surgery):

- **Begin brushing** teeth normally with the soft-bristle brush provided. Avoid commercial mouthwash.
- **Rinse gently** several times a day for the next week with a solution of ½ tsp. salt in a cup of warm water.
- **Continue to rest.** Refrain from vigorous physical activity for at least five days or as directed by your doctor.

Specific Procedures

Wisdom Teeth

- Begin jaw exercises on the day of surgery – open and close mouth and move jaw from side to side several times an hour daily for the next week, to minimize stiffness and alleviate restricted mouth opening.
- Keep the ace bandage in place for twenty-four hours after surgery to minimize swelling. Do not apply ice or heat.
- One week after surgery, begin using the syringe provided to irrigate the **bottom** extraction sockets only and to flush out any food which may have become trapped there. You must maintain good oral hygiene to minimize the chance of infection. For use, see instructions accompanying the syringe.

Implant Placement, Bone and/or Block Graft

- When switching from prescription to over-the-counter medication for pain management, **use Tylenol or its generic equivalent, acetaminophen. Avoid** non-steroidal anti-inflammatory drugs (NSAIDs): Aspirin, Advil, Aleve, Ibuprofen or Motrin, which can delay healing.
- If your doctor has prescribed Peridex rinse, begin to use on the second day after surgery, or **as directed**. Continue with salt water rinses as well.
- A small amount of granular grafting material may be found in the mouth after surgery; this is normal.

Dental Appliances/Denture/Retainer

If your appliance was placed after surgery, do not remove for twenty-four hours unless otherwise instructed. Begin salt water rinses thereafter.

For proper fit, see your regular dentist regarding denture adjustments.

What About...

Bleeding

Maintain pressure on surgical site(s) by biting down on gauze dressings. If active bleeding occurs upon removal of gauze, replace with fresh gauze and apply firm pressure until bleeding stops. Moistened tea bags may be used in place of gauze. Tannins in the tea constrict blood vessels and aid clotting. Expect slight oozing for twenty-four hours. To prevent loss of clot(s), which provide comfort during healing, do not rinse or brush teeth on day of surgery.

Discomfort/Pain Control

Some discomfort is to be expected, depending upon the extent of surgery and individual differences. Medication may have been prescribed to alleviate symptoms. Take medication when sensation is returning, along with food. Do not drink alcohol, drive or operate machinery when taking prescription pain medication. Teeth adjacent to the extraction site(s) may be temporarily sensitive or tender during healing.

Swelling/Bruising

A natural part of healing process, swelling normally increases for two days after surgery then subsides gradually. Some bruising may also occur, persist for about a week, and may gravitate to below the surgery area. Keeping your head elevated with several pillows when at rest, for twenty-four to forty-eight hours after surgery, may keep this to a minimum.

Diet

Good nutrition and adequate fluid intake are important after surgery. A liquid or soft diet (milkshakes, potatoes or other soft vegetables, soup, yogurt, eggs, ice cream) is encouraged immediately after surgery. Clear, carbonated beverages will help quiet an upset stomach. Avoid very hot or spicy foods along with sharp, hard, or crunchy snacks such as chips, nuts, seeds or popcorn.

Stiff Jaw

Jaw muscles tend to become stiff in the days following extraction of wisdom teeth. Simple jaw exercises are advised to return the mouth to normal mobility. Open and close mouth several times each hour throughout the day, continuing for a week or until stiffness has disappeared.

Oral Hygiene

Food which remains in the surgery site increases your chance of infection. Twenty-four hours after surgery, begin brushing normally using toothpaste and cleaning around surgery site(s). Rinse gently with warm salt water (½ tsp. salt per cup of water) six to eight times per day. Avoid commercial mouthwash. Avoid use of electric toothbrush for the first week after surgery or until so advised by your doctor.

Fever

Low grade fever (100°F) is not uncommon during the first forty-eight hours post-surgery. Drink more liquids. If you have a fever above 101°F, please call our office.

Nausea

Nausea, which may stem from not eating or from taking pain medication on an empty stomach, may be relieved by taking small amounts of clear, carbonated liquids hourly 5-6 hours. If nausea continues, please call our office.

Sutures

Some stitches may fall out on their own in three to seven days. Do not be concerned if they fall out sooner. Other types of sutures must be removed by your doctor and follow-up visit will be scheduled for you for this purpose.

IV Site Discomfort

Slight bruising and/or aching may occur in the area of the intra-venous site. A warm, moist washcloth may be applied for thirty minutes, three times daily as needed.

Birth control, Antibiotics and Healing

Oral antibiotics may slightly decrease effectiveness of oral contraceptive pills. **Supplemental birth control methods are advised for women taking antibiotics while on oral contraceptives.** Oral contraceptives may also slightly slow healing time.



IF YOU NEED TO SPEAK TO YOUR
ORAL SURGEON AFTER HOURS
PLEASE CALL THIS NUMBER:
(925) 219-6489

When to Call...

If you have reason to believe you are not recovering satisfactorily, please call our office at (925) 778-2100. **After hours, please call 925-219-6489** to reach the surgeon on-call. For life-threatening emergencies related to recent oral surgery, call 911 or go to the nearest hospital immediately. Once at the hospital have the emergency room call the oral surgeon at the number above.