

After Care Instructions for Dental Extractions or Removal of Wisdom Teeth (Third Molars)

Immediately following surgery

- Bite firmly on the gauze pads covering the extraction sites to help stop the bleeding.
- You may have difficulty feeling your lips, cheeks or tongue due to the numbness. This is a temporary feeling that will wear off in 8-10 hours. Please take care not to bite your lips, cheeks or tongue.
- Keep fingers and tongue away from socket or surgical areas.
- Apply ice packs to your face to reduce swelling for the first 12 hours after surgery.
- Take pain medications as prescribed.
- Do not spit after surgery, as this may prolong bleeding.
- Rest today.

Bleeding

- Some bleeding is to be expected following surgery. If you are bleeding excessively, apply pressure by folding and placing a gauze pad directly over the extraction site and biting firmly on the gauze for 40 minutes. Excessive bleeding is defined as pooling or dripping blood out of the extraction sites within 15-20 seconds of removing the gauze. If excessive bleeding continues, apply a gauze pad for an additional 30 minutes. Don't use the amount of blood on the gauze as a guide, because minimal bleeding may persist for up to 24 hours. To minimize further bleeding, sit upright and avoid vigorous activity. If bleeding continues, call our office for further instructions.
- It is not unusual for saliva to be blood-tinged for several days following surgery.

Medication

- You may receive a prescription for an antibiotic and/or pain reliever. You may fill these at the pharmacy of your choice. Take all medications as instructed by your doctor.
- The first dose of your prescribed pain reliever or Ibuprofen may be taken with some soft food on your stomach. Take these medications with food to minimize nausea.

Pain Management

- Some amounts of discomfort is to be expected following any surgery. You may be prescribed pain relievers after surgery. Please follow the instructions carefully. Ibuprofen (Advil, Nuprin, Motrin) works well for patients following surgery and can reduce the amount of prescribed pain reliever needed. You may find that 400-600 mg every 6 hours on a regular schedule for the first 2-3 days is all the pain medicine you need. You may alternate your prescribed pain reliever with Ibuprofen for maximum pain relief. If allergic to Aspirin or NSAID-do not follow this regime.

Diet

- Have soft foods today. Drink lots of fluids to rehydrate. Avoid hard crunchy foods that may disturb the extraction site. No alcoholic beverages should be consumed for at least 24 hours following anesthesia or as long as you are taking your pain relievers.

Smoking

- Do not smoke for at least 5 days following surgery. Nicotine may break down the blood clot, cause a "Dry Socket", increases pain and causes delayed healing.

Brushing/Rinsing

- Resume your regular tooth brushing as soon as possible after surgery, but avoid disturbing the surgical site so as not to loosen or remove the blood clot.

Swelling

- Swelling around the mouth, eyes and cheeks is normal following surgery. This usually takes 2-3 days to fully develop. Applying ice and keeping your head elevated for the first 24 hours at least will help to reduce swelling.

Straws

- Do not use a straw for 3 days following surgery.

Sutures/Stiches – you may or may not have stiches

- Your sutures will dissolve on their own and may come out any time after surgery.

Dry Socket

- After a tooth extraction, it's important for a blood clot to form to stop bleeding and begin the healing process. A dry socket occurs when the blood clot is dislodged from the surgery site exposing the bone and fine nerve endings. Dry socket occurs two or more days after an extraction and can last 5-6 days.

Avoiding Dry Socket

- Do not smoke. • Keep extraction site clean. • Avoid sucking action from smoking, spitting or using straws for the first week.

Patient Name: _____

DOB: _____

Signature: _____

Relationship: _____

Date: _____