



Petcash Oral Surgery

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Oral and Maxillofacial Surgery
& Dental Implants

After Wisdom Teeth Removal

Day One:

- A responsible adult should be available to assist you for the first 24 hours.
- Keep your head elevated at all time. It helps decrease swelling and pain.
- You may remove gauze packing placed over the surgical site to eat, drink and take medications. Replace if necessary. Seepage is normal but excessive bleeding can be managed with extra gauze packing.
- It is important to resume oral intake and to drink plenty of fluids. Start with clear liquids and limit the diet to softer foods the first day.
- Avoid Rinsing until Day Two.
- It is normal to have some bleeding several hours after surgery and occasional oozing for 24-48 hours. Moist gauze packs or tea bags can be placed over the site and held with gentle pressure to minimize bleeding. The gauze packs may be left out once the bleeding has tapered off.
- Ice can be applied to the side of the face 20 minutes on and 20 minutes off as often as possible for the first 48 hours when awake.
- DO NOT drink alcoholic beverages, drive, or operate machinery for 24 hours following general anesthesia.

Day Two:

- Keep head elevated.
- Begin warm salt water rinses (1/2 t. salt to 1 cup of water) 8-10 times throughout the day for the next several days. You may begin brushing your teeth.
- HYDRATE. Drink plenty of fluids and slowly advance your diet as comfort dictates.
- Continue icing as needed.

Day Three:

- Keep head elevated.
- Continue salt water rinses.
- Drink plenty of fluids and continue advancing your diet.
- Swelling is to be expected and usually reaches its maximum during the first 3-5 days.
- You may change to heat (a heating pad or hot water bottle) 3 days after surgery.
- The stitches are dissolvable and are designed to fall out on their own anywhere from 3 days after your procedure to the week after.
- If a syringe was provided, use it to thoroughly irrigate the lower wisdom tooth sites starting on the 3rd day. (See separate instructions with the syringe.)

After Day Three:

- Continue using syringe (if provided) until the lower extraction side is completely closed, which may take several weeks.

General Instructions:

- Take any prescriptions as directed.
- DO NOT SMOKE. Smoking in any amount in the first few days can cause a dry socket.