



Petcash Oral Surgery

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Oral and Maxillofacial Surgery
& Dental Implants

POST OPERATIVE CARE FOR WISDOM TOOTH EXTRACTION

30 MIN - 1 HOUR POST-OP

Keep gauze packs in place for 30 minutes with moderate pressure. Then remove the gauze and replace as needed. You will notice seepage. This is normal following surgery.

Tip: If excessive bleeding continues, replace with fresh gauze or a moistened teabag wrapped in gauze directly over the bleeding socket for an additional 30 minutes then remove.

ICE PACK APPLIED ON THE CHEEKS to the outside of the surgical area - 20 minutes on and 20 minutes off - for the next 24-48 hours will minimize swelling. After 72 hours, trade out the ice for a warm compress.

Tip: Rest as much as possible. Lie down with your head elevated by one or two pillows with your head above your heart. Do not lay flat.

24 HOURS POST-OP

FOR THE FIRST 24 HOURS FOLLOWING THE PROCEDURE, keep your lips moist with a cream or ointment to prevent them from drying or cracking. It is important that a responsible adult should be available to assist you.
PLEASE DO NOT OPERATE A VEHICLE.

AFTER THE FIRST 24 HOURS POST-OP

RINSE GENTLY WITH WARM SALT WATER (1/2 teaspoon salt to an 8 oz. glass of water) 4 or 5 times a day for several days. Continue to brush your teeth as normal and avoid the surgical area.

DIETARY GUIDELINES

Be sure to DRINK PLENTY OF FLUIDS during the post-op period, especially when taking meds.

While you won't be eating a steak dinner after surgery, it is important to maintain your dietary intake. Begin with soft, heavier foods and advance to a normal diet as tolerated.

IT IS NORMAL TO...

have some bleeding for several hours after the surgery and occasional oozing for 24-48 hours. Swelling is to be expected and usually peaks about three days after surgery.

YOU SHOULD AVOID...

to bypass unnecessary pain and inflammation, it is best to avoid the following activities for up to a week following your procedure.

STRENUOUS ACTIVITY

Raising your heart rate or blood pressure can increase your bleeding.

STRAWS

The suction can cause prolonged bleeding.

TOBACCO

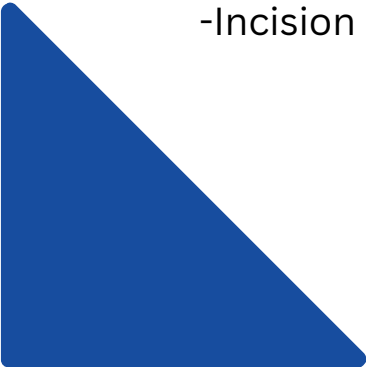
Tobacco decreases the healing potential of the wound. Refrain from smoking FOREVER!

Please take all prescribed medications **ONLY** as directed by your doctor.

CALL OUR OFFICE IF:

you experience any of the follow:

- Excessive Bleeding
- Persistent nausea that lasts more than 24 hours
- Severe, uncontrolled pain
- Development of rash/itching/wheezing
- Temperature of 101°F or higher (taken orally)
- Incision becomes red, warm, tender, or swollen.



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