



## HOME CARE INSTRUCTIONS AFTER WISDOM TEETH SURGERY

*Follow these instructions to feel better quickly!!*

**DIET:** Begin with clear liquids and when move to a soft diet in the first 24 hours - foods like soup, eggs, pasta, rice, ice cream, smoothies, mashed potatoes. Cold soft foods will soothe irritated areas. Do not drink through a straw for 5-7 days as it can disrupt clotting. **AVOID** crunchy foods like peanuts, popcorn, chips for 7 days.

**ACTIVITY:** Relax and take it easy for the first couple of days!! Lie on the couch with a pillow behind your head, binge watch shows, play on your phone, eat ice cream and just hang out. It helps to keep your head above heart level – this will help promote drainage and reduce swelling. Avoid lifting, bending or stooping.

**BLEEDING:** You can expect a bit of bleeding following surgery. We send patients home with gauze in the mouth. Bite down with firm pressure and change the gauze every 20-30 minutes if you still see bright red blood. It is not unusual to have blood tinged saliva for 36 hours following surgery. To help promote clotting, you can also place a moistened tea bag over the area and apply gentle pressure. If you have an excessive amount of bright red bleeding after following these instructions, please notify our office or answering service.

**SWELLING:** Swelling will reach its peak in 2-3 days then will decrease over time. To minimize swelling, apply ice packs for the first 24 hours – 30 minutes on 30 minutes off. Alternate sides if indicated. After 3 days, you can apply heat packs to the area.

**PAIN:** A certain amount of pain is normal following surgery. The worst discomfort should be in the first 2-3 days, after that the pain should decrease.

**NUMBNESS:** Due to local anesthetic, you may have numbness for up to 12 hours.

**MOUTH RINSING:** No rinsing or brushing around the area where the teeth were removed for the first 24 hours.

**STITCHES:** Stitches will dissolve on their own in 2-10 days, unless your surgeons schedules to have them removed.

**FEVER:** Mildly elevated temperatures for 24-48 hours is normal. Notify our office or answering service if your temperature is over 101°F for 2 days in row.

**ANTIBIOTICS:** If you are given antibiotics take them until the prescription is filled.

**SMOKING: AVOID COMPLETELY**

**FOR YOUR OWN SAFETY, DO NOT** sign any legal documents, drive or operate machinery for 24 hours following general anesthesia. **DO NOT drink any alcoholic beverages.**

**THINGS THAT MAY OCCUR:** Sore teeth, earache and/or sore throat, bruising to outside of face, tightness of jaw muscles and dry/cracked lips. There will be an opening where the tooth as removed. Often the surgeon places stitches where the tooth was removed, you may feel strings as they start to dissolve. As the area heals the clot that forms will fill in with new tissue. The clot may be grayish or yellow in appearance and have a slight odor, but that does not indicate an infection. Keep your tongue away from the area to avoid disrupting the healing process.

*If you have any questions concerning your surgery or recovery, please do not hesitate to contact us.*

*Thanks for choosing us take care of you!* **After Hours Line: 402-354-2737**