

Simply Wisdom Teeth

Office Phone # (435) 652-1243
After Hours #(435) 414-5332

*This is a cell phone, please leave a message if no one answers. We will call back! You can also text this number.

Postoperative Instructions

1. Bite on gauze **firmly** for about 2 hours. Change the gauze every 30 minutes or when gauze becomes soaked with blood and saliva. The main bleeding will usually last 2-6 hours, but don't be alarmed if bleeding continues longer than that. You can expect slight oozing for up to 24-48 hours. When resting today, keep your head slightly elevated using two pillows. Lying down flat or trying to be more active too soon will cause more bleeding and swelling.
2. Apply ice packs to areas of surgery for the first 36 hours following surgery. Ice will help to **prevent** swelling. After the first 36 hours we recommend transitioning to heat. Heat will **reduce** the swelling. Apply as much heat as possible over the next week. If possible, **moist heat** seems to work best.
3. **Do not rinse your mouth for 24 hours.** After 24 hours you may start rinsing with warm salt-water rinses. Use lukewarm water. You may Rinse 10-15 times a day until healing is complete. **DO NOT SWISH!** Fill your mouth with water and turn your head from side to side. Allow the water to fall into the sink... do not spit aggressively. **(Follow this procedure for the first 5-7 days).**
4. For 5-7 days following surgery, A LIQUID DIET IS BEST. Focus on eating foods that do not require chewing. Do not use a straw. You may also rinse **gently** after each meal. You can gradually return to a normal diet by day seven.

Suggested foods for the first 24-72 hours

Smoothies (W/O seeds)	Pudding	Apple Sauce	Water
Liquid Nutrition Drinks	Jello	Popsicles	Water
Yogurt	Mashed Potatoes	Ice Cream	Water

5. Pick up the prescriptions on your way home or as soon as possible. Take the tablets upon arriving home; Follow the instructions given on the reverse side of this page.
6. Your stitches will dissolve and fall out on their own in 3-4 days. If your stitches fall out earlier than this, but bleeding is under control, there is no reason to be concerned. The main purpose of the stitches is to help get the bleeding to stop. If they are still in place after one week and they are bothering you, please call the office.

Possible Post Operative Complications

1. Pain - Some pain and discomfort is normal, however we want to be able to “**manage**” that pain. If you are taking the pain medication as directed and are not receiving relief at any time during your recovery, please reach out to the office. ***See the medication instructions you were given at your appointment**

2. Bleeding - bleeding is also normal, however if you are experiencing bleeding that is uncontrollable and it doesn't seem to be slowing down or it is getting worse, please reach out to the office. Uncontrollable means that the gauze is filling up and becoming saturated within 2-3 minutes after putting the gauze into your mouth. Please be aware that some blood mixed with saliva can “look” like a lot of blood.

*Most of the time when we see this problem it is a result of the patient not getting enough pressure on the wound to allow it stop. Typically if you will refocus on getting pressure on the wound it will stop. Try taking two pieces of the gauze and fold it over a couple of times so the gauze is big and tight. When placing the gauze in your mouth, make sure the gauze is in the very back and **over** the wound. Bite down on that gauze for 30 minutes with lots of pressure! Do not check the gauze, do not talk or eat while biting down on that gauze. Do this 3 times and if you are still not seeing any improvement, please call the office.

3.Nausea - With I.V. sedation it is normal for some patients to experience nausea. We give every sedated patient an anti-nausea medication through the I.V. during the procedure. This helps for most patients but not for everyone. If you are throwing up after the surgery you will have to let it run its course. After vomiting, replace the gauze to help control the bleeding. Try to lay down with head elevated. If you can sleep that is best. We have also prescribed “promethazine” as one of your medications. Taking the promethazine can help as well.

* If you are experiencing nausea, pain, itching, or rash of any kind after taking any of the medications, this is different from what were talking about in the previous paragraph. If you have any of these issue, please quit taking the medications and contact the office.

If you are experiencing anything else out of the ordinary that hasn't been outline here, please call the office. We are here to help you through your recovery process and will do all that we can to help you be as comfortable as possible as you heal.