



### **Post-Operative Instructions For Extractions & Wisdom Teeth**

- Bite **FIRMLY** and **CONTINUALLY** on slightly moistened gauze for 1 hour or until active bleeding stops, repeat if necessary (gauze will usually appear pink or red whenever removed, which does not indicate active bleeding nor the necessity to use additional gauze). Traces of blood in your saliva for up to a week are normal.
- Pureed foods and liquids initially while numb, then softer foods for a few days. The consistency of the food you eat while healing is determined by your tolerance and everyone is different.
- AVOID** drinking through straws, carbonated beverages, heavy rinsing, or spitting for 4 days.
- NO** smoking for a minimum of 4 days.
- Do **NOT** disturb the blood clot. It can appear reddish, grayish, yellowish or whitish during different stages of healing. This changing appearance and a slight odor do not indicate an infected condition. Keep fingers, toothpicks, or any other implements away from the socket.
- Sometimes during the healing process small portions of bone may lose their viability and small, sharp fragments of bone may then loosen and work their way through the gum over several weeks, just like a splinter. These fragments, which are **NOT** roots, usually work themselves out on their own. If they are causing persistent problems, please call the office.
- If sutures/stitches were placed they will dissolve in 3-10 days \_\_\_\_\_, some sutures are designed to dissolve slowly over 3-4 weeks \_\_\_\_\_. Maintain a **SOFT** diet while sutures are present.
- Brush your teeth as usual \_\_\_\_\_ Avoid surgical area with sutures \_\_\_\_\_
- You may **VERY GENTLY** rinse with an antiseptic mouthwash starting this evening, preferably an all natural, non-alcohol containing mouthwash like Tom's of Maine™ or The Natural Dentist™. Other mouthwashes like Listerine and Scope are fine as well.
- FOUR** days after surgery, if lower teeth were removed, use provided syringe to flush out **LOWER** sockets after every meal with warm water until socket closes over. Please make sure you insert the tip of the syringe **INTO** the opening of the socket and aggressively flush until socket is thoroughly clean.
- If Sock-IT™, a hydrocolloid gel, was prescribed and given to apply into the extraction sockets, then additional, separate printed instructions will be given to you as to how to use it.
- Numbness may last for 6-12 hours. Call office if numbness lasts longer than 24 hours.
- Jaw stiffness may last for up to 10-14 days, limited range of motion is not uncommon.
- Take all medication as prescribed.
- If you are taking birth control, and antibiotics were prescribed, this may interfere with its effectiveness, please be advised to use alternate form of birth control for an entire month to avoid an unplanned pregnancy.
- Continually apply ice packs externally over surgical area(s) for the first 48 hours.
- After 48 hours apply hot moist packs as needed, stop applying ice.
- Swelling usually peaks at 72 hours before beginning to resolve.
- Continued discomfort requiring pain pills for the first two weeks is not uncommon, but if after the 3<sup>rd</sup> – 10<sup>th</sup> day, the character of your pain changes (becomes more intense, begins to throb and radiate into the ear or temple, and the prescription pain medication is not as effective anymore), you may have developed a **DRY SOCKET** and should please notify the office for treatment.
- If unusual problems develop please call our office. If the office is closed follow the telephone prompts and leave a detailed message for Dr. Koos and an automated answering service will contact the doctor for a return call.

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