



HOME CARE

1. **Bite on gauze.** Change the gauze every 20-30 minutes for the first couple of hours. Lots of pressure will slow the bleeding faster. Bleeding typically lasts 1-2 hours but some light oozing can occur up to 24-48 hours. When resting it's best to keep your head elevated slightly.
2. **Apply Ice.** For the first 24 hours, it's best to ice your cheeks. 20 minutes on and 20 minutes off is the best way to do this. After 36 hours the ice will not help with the swelling anymore. If you are still swollen after 36 hours, it's best to transition to heat. A bag of frozen peas is best.
3. **No Rinsing.** For the first 24 hours after surgery. Do not rinse your mouth. We want to develop a good blood clot where the tooth used to be. After the first 24 hours, you can begin to rinse 10-15 times per day or as needed. The best way to do this is with a small amount of Salt Water and be as gentle as possible NO SWISHING OR SPITTING! Just rinse gently and let the water fall out of your mouth. We want to keep the blood clot that formed in the socket to stay in the socket.
4. **Soft Food Diet.** For 5-7 days following surgery, we recommend a soft food diet. After each meal rinse gently as directed in #3.
5. Here are a few ideas of foods you can eat. Smoothies (w/o seeds), mashed potatoes, instant breakfast yogurt, pudding, Jell-O, creamy soups, apple sauce, popsicles, ice cream, nutritional drinks.
6. **Prescriptions.** Refer to your prescription, get medications started as soon as possible.
7. **Sutures.** The sutures we use will dissolve in 2-7 days. If they dissolve earlier or later than that please don't panic. As long as your bleeding is under control there is nothing to worry about. Some may not need sutures if you don't have any do not worry, some patients do not need it.

POSSIBLE POST-OPERATIVE COMPLICATIONS

If you are having extreme pain that is not controlled with pain meds, bleeding that is uncontrollable, difficulty breathing, itching, hives, etc. please call the office or after-hours line immediately. However, some of the most common postoperative problems can be dealt with at home. Below are a few common issues and how to handle them.

- Bleeding won't stop. See #1 above, be sure that the gauze is being placed directly behind the last tooth and over the socket where the wisdom tooth was. Be sure to apply pressure and leave it alone for 20 minutes. If after 2 hours of repeating this and you are still bleeding, please call the office.



AFTER CARE

INSTRUCTIONS

- Uncontrollable Pain. Wisdom Tooth Removal is a complex surgery involving skin, muscle, bone, and nerves. Postoperative pain and discomfort are to be expected and are normal. Make sure you are taking your prescriptions as directed. If the pain becomes uncontrollable, please contact the office.
- Vomiting. Unfortunately, vomiting can be a common side effect of IV anesthesia. We use anti-nausea medication in the IV to help with this. If you are still having issues vomiting don't panic or worry. Sometimes vomiting can make the surgical sites bleed again. If this is the case for you, simply go back to #1 "bleeding won't stop" and follow those instructions.
- **1 caretaker required per person.** (If you have two kids having their teeth out on the same day, each will need a responsible adult)

DRY SOCKET

Dry socket is the most common complication that we see. It happens in about 5% of cases. Dry socket happens when the blood clot that was formed in the socket is subsequently lost. This can happen from any of the following...

1. **Rinsing too aggressively**
2. **Eating solid foods**
3. **Exercising or doing activities that raise your heart rate.**
4. **Smoking**
5. **Any activity that involves sucking, spitting, swishing etc.**
6. **Alcohol**
7. **Certain medical conditions and medications.**

If you get a dry socket you will know it because the pain medication will not help with the pain. Typically dry socket happens around day 5-7 of recovery. If this happens to you please call the office and we will have you come in for treatment.

INFECTION OR SWELLING AFTER 7 DAYS

It is not uncommon for swelling to return after a week of recovery. Everything will feel good and then you will wake up with swollen cheeks and mild discomfort. This means that we developed a secondary infection and need to start you on another round of antibiotics. If this happens to you, please call or text the office.

THANK YOU FOR CHOOSING THE ALL OUT EXPERIENCE!

If you have any questions or concerns, please call us at 435.414.3111