

## **Post Operative Care after Extractions**

### **Swelling**

Swelling after extractions is not uncommon and should not cause alarm. Typically peaking in the first 48 to 72 hours. To help prevent swelling, apply an ice pack to the outside of your face in the extraction area for the first 12 to 24 hours. Apply, alternating 20 minutes on then 20 minutes off. Keep head elevated with head above the heart when resting.

### **Bleeding**

Minor bleeding or blood-tinged saliva may occur for the first 24 to 48 hours. Keep pressure on the surgery site by biting on the gauze for the first two hours following surgery. Replace gauze every 20 to 30 minutes as needed. Gauze needs to be removed before eating, drinking or when taking medication. If bleeding is still persistent after the third hour, you may moisten a tea bag and place them on the site for 30 minutes.

### **Pain**

Medication has been prescribed according to your anticipated level of discomfort. Please take as directed. Do not drive, operate machinery or drink alcohol while taking narcotic pain medication.

### **Cleaning/Rinsing**

A clean mouth heals faster. Warm salt water rinses can begin 24 hours after surgery. Do not brush directly on the extraction site for the first 3 to 4 days after surgery, but otherwise brush regularly. Regular oral hygiene should be continued in all other areas.

### **Diet**

Soft food or liquid diet is recommended for the first 24 to 48 hours. During this time, please avoid straws, alcohol, carbonated beverages and hot food/drink while still numb. Patients can generally return to a normal diet within 2 to 3 days.

### **Physical Activity**

Heavy exercise and/or physical activity should be avoided for the first 3 days following surgery. All full contact sports should be avoided for a minimum of 4 weeks following wisdom teeth extraction.

### **Dental Appliances**

Such as retainers, night guards, flippers and other removable mouthpieces are encouraged to be worn as soon as it feels comfortable.

### **Contact**

Please be assured that our interest in your well-being does not end after surgery. If you have any questions or problems, please call us at (817) 431-9566 during business hours (Monday, Tuesday and Thursday 8:00am - 5:00pm, Wednesday and Friday 8:00am - 3:00pm).