



Wisdom Teeth and General Extraction Post Procedure Instructions

ICE

Ice is the most important thing to do in the first 12 hours after getting your wisdom teeth removed. The less you swell the faster you will heal. Ice cubes in zip lock bags are the most effective. Place them on either side of the face as continuously as possible until the ice is melted. Then empty the bag, refill it with ice and start again. Even with using ice consistently some swelling will occur and some bruising is normal.

MEDICATIONS and NAUSEA

Start your medications right away and follow the instructions as closely as possible for the first two days. Some of these medications can cause nausea and vomiting once may be expected. If nausea continues or you throw up more than once call the office or Dr. Crump.

BLEEDING

Because the mouth is always wet due to saliva mild bleeding may occur for 24 hours. To check how fast you are bleeding take two or three big drinks of cool water to clean out the mouth, then go to a mirror and pull your cheeks back so you can see the areas where the teeth were removed. If no blood "flow" is observed in 10 to 15 seconds of watching things are ok. Blood flow would be a moving stream of bright red blood filling the floor of the mouth or area along the cheek. If bleeding is observed, applying direct pressure by biting on gauze or any herbal tea bag. If bleeding persists after 20 to 30 minutes of continuous pressure call the office or Dr. Crump

DIET

Everything is on the menu!! If it sounds good and you can eat it without hurting yourself go for it. Milkshakes or smoothies are especially popular options **BUT THEY MUST BE EATEN WITH A SPOON. NO SUCKING STRAWS** for two to three days. The suction needed to suck on a straw can cause bleeding to start again or cause a dry socket. You do not have to eat the first day if you don't feel like it.

HYDRATION

You need to drink lots of fluids the first couple of days. If you get dehydrated all healing stops!!! Water, juices of any variety, sports drinks, milk, and even soft drinks are ok. If you are nauseated, cola, ginger ale, or sprite may help the nausea go away. **NO ALCOHOL** because dehydrates you and it will react with some of your medications.

DRY SOCKETS

A dry socket is a very painful reaction of the bone that is exposed due to a tooth being removed. It typically shows up two to three days after a tooth is removed and is a throbbing pain that does not seem to improve with pain medications. The condition can happen to anyone regardless of how closely the instructions are followed or how smoothly the extraction went. In other words, it's not the doctors fault and may not be your fault, though certain things can increase the change of getting a dry socket.

DRY SOCKET RISK FACTORS

- Smoking in the first two days after extractions.
- Sucking on straws
- Spitting too much

Dry sockets are self resolving, meaning they will get better on their own after four or five days, but they are miserable days. We can treat dry sockets and remove the pain in as little as ten minutes if you will call us and come in. If you cannot make it in to see us oil of clove on a gauze placed over the extraction site can help.

ACTIVITY RESTRICTIONS

Don't be too active for the first few days after your extraction. Getting your blood pressure up can start restart the bleeding.

CALL US IF...

- You develop a fever over 101.0
- Your pain increases on the second or third day after your extraction
- You are unable to control bleeding after biting on a gauze or tea bag for 20-30 minutes.
- You have other concerns or questions and are unsure what to do.