

PRE-OPERATIVE INSTRUCTIONS

*Bring complete medical history, including illnesses, conditions, medications, complications with previous surgeries and allergies.

*Do not take tobacco products, cannabis or vape within 2 days before surgery.

*Please eat and hydrate as much as possible on the day before surgery, but **NO FOOD OR DRINK WITHIN 8 HOURS OF SURGERY**. Necessary medications may be taken with a sip of water.

*Wear a short sleeved t-shirt or one that allows the sleeves to easily be rolled up. Do **NOT** bring contact lenses. Do not wear fingernail polish or acrylic nails.

*Arrive 10 min prior to surgery, with a responsible adult driver to remain with you during recovery.

*Do not drive or operate hazardous machinery on the day of your procedure; do not participate in any activities requiring physical/mental alertness. *Parent/Guardian must be present for minors (under 18).

POST-OPERATIVE INSTRUCTIONS

BLEEDING: It is completely normal to bleed for most of the first day. Make sure to change your gauze every hour (or wait longer if it's not filling up with blood quickly) until the gauze is light pink; at that point, you may leave the gauze out. You may notice very light spotting or bleeding for a week after the surgery. If you are bleeding heavily, on the evening of your surgery, please don't forcefully spit the blood out. Instead, change the gauze, and make sure to keep pressure on the wounds. Clotting can be improved by dipping the gauze in ice water or biting on a tea bag. Keep your head elevated. To prevent persistent bleeding during the first 24 hours, avoid drinking through a straw, spitting, rinsing vigorously, or having hot foods or liquids. Remove the gauze to eat, drink and sleep.

ACTIVITY: Do not vigorously exercise, run, play sports, or lift weights for at least one week to help prevent dry socket. Avoid submerging underwater in pools, lakes, or ocean until extraction sites are fully closed. Typically this can take 2-3 weeks.

DISCOMFORT/SWELLING: Pain and swelling from dental extractions, especially wisdom teeth can be quite severe. This is normal and usually takes about 2 weeks to completely resolve. Pain and swelling are commonly worse 2-3 days after surgery, and increase in patients who smoke or clench/grind their teeth.

Take your medications as prescribed. Generally, pain control works best if you **alternate between Ibuprofen and Tylenol every 3 hours** for mild to moderate pain or alternate between Ibuprofen and your narcotic pain med every 3 hours, if you were prescribed one. Apply ice packs to cheeks for the first 48 hrs after surgery; 15 min on, then 15 min off.

Sleep with your head slightly elevated to prevent increased pain and swelling. Pain may radiate to the face and head area due to spasming jaw muscles, often worse in the morning and when grinding teeth. Treat muscle pain by applying moist heat (after 2 days) for 10 minutes followed by massaging the areas for 10 minutes several times a day.

DIET, ORAL HYGIENE: For the first 3-4 days, we recommend a liquid/pureed-type diet (mashed potatoes, yogurt, smoothies, apple sauce, Jell-O, etc). You may brush teeth normally, but keep away from the extraction sites for about 2 weeks. Take in plenty of fluids to avoid dehydration. Do not rinse or spit vigorously to prevent losing clots in the extraction sites. Use gentle rinses and open your mouth over the sink to allow anything in the mouth to fall out easily.

After 3 days, you may **GENTLY** rinse with salt water. If you were given an irrigating syringe, you may irrigate the **LOWER** wisdom teeth sockets after meals, using warm salt water. After 3-4 days, you may eat whatever your comfort permits, but soft foods are a good idea for up to a week. It is normal to have a foul odor/taste from a tooth socket for about 3 weeks after the procedure. If you have a new denture/flipper, it is a good idea to leave it in your mouth during the first night. After that, it should be removed each night while you sleep.

FEVER, SWELLING, BRUISING AND SUTURES: It is normal for the temperature in your mouth to rise after surgery; this is due to the healing process. A low-grade fever (up to 101° F) sometimes occurs for a few days after surgery. Swelling in the face usually peaks 2-4 days after the surgery, and then resolves over the next few days. Placing ice over the surgery site helps, but ice should only be used on the first two days. Occasionally bruising may occur on the face/neck. This will resolve on its own. The sutures will dissolve, usually 5-10 days after the surgery.

NAUSEA: Nausea can be a side effect from the sedation medicine, prescription narcotics, dehydration, or from swallowing some blood. Nausea usually fades away without treatment, but persistent nausea can be treated with non-prescription travel sickness medication (Dramamine or Bonine). If your pain is mild, discontinue the prescription narcotic (the most likely cause) and use only a non-narcotic medication such as Advil, Motrin, or Aleve. If your nausea is severe enough to prevent you from holding anything down, then a prescription suppository is available.

DO:

Take Advil, 600mg 4 x a day for 3-5 days.
Take narcotic medicine w/ food/drink.
gauze every 30-45 min no bleeding.
Keep your head elevated the first day.
Drink plenty of fluids to keep well hydrated.

DON'T:

Smoke during your recuperation.
Drink thick fluids w/ a straw for 24 hours. Change
Spit out blood; apply the gauze instead.
Engage in heavy exercise for 5 days.
Brush teeth, irrigate sockets the first day.

THANK YOU for giving us the opportunity to treat you. Please call our office immediately at (760) 644-5494 if you notice severe bleeding, difficult breathing, inability to swallow, persistent vomiting or any other problem. If we cannot be reached quickly, **call 911 if you feel there is an emergency.**

****SINUS PRECAUTIONS****

Because of the close relationship between the upper teeth and the sinus, an opening between the sinus and mouth can result from surgery. It usually takes 3-4 weeks to heal. Certain precautions will assist with healing and closure of the sinus. Please follow these instructions:

-DO NOT SMOKE for 3 weeks; Do not spit, swish, rinse mouth for 10 days
-DO NOT USE STRAWS (forceful suction may cause the blood clot to come loose)
-DO NOT BLOW YOUR NOSE or perform a sinus rinse; wiping nose with a tissue is okay
-DO NOT PLUG NOSE or COVER MOUTH to sneeze. If sneezing, turn away from others and sneeze from your mouth.

-Eat only soft foods for the next 2 weeks; chew food away from the sinus injury
-Take prescriptions as written; Sudafed (over the counter) may reduce nasal congestion
-It is normal to bleed from your nose 1-2 days following surgeries which involve the sinus
-Return for follow up appointments; please inform us if anything changes before your next appointment.