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Oral & Maxillofacial Surgery

TOOTH EXTRACTION
HOME CARE INSTRUCTIONS

BLEEDING

Oozing from the extraction site is to be expected. Remember a little blood mixed with saliva looks like a lot of blood. To control the flowing blood, gauze packs will be placed at the end of the procedure. You should maintain firm pressure on the gauze by biting for 30 to 45 minutes until the flowing of blood has stopped. Generally a blood clot will form within two or three changes of the gauze pack. Please remove the gauze before sleeping.

DISCOMFORT

It is normal to experience discomfort after oral surgery especially wisdom tooth extraction. You will be prescribed medications to help minimize your postoperative level of pain. Take the medications as prescribed, do not dissolve them in your mouth or place them in/on the wound. Keep your head elevated. This will also help to decrease the swelling and discomfort. If you are given a narcotic pain medication (examples are Percocet, Darvocet N-100, Tylenol #3, and Norcos) DO NOT mix with other narcotics, do not drive, operate machinery or drink alcohol while you are taking that medication. Some medications can cause nausea or upset stomach. If this occurs contact the clinic at: _____

SWELLING

The swelling will reach its peak during the second and third day after your surgery, it will then start to resolve. Most of the swelling should be gone at the one week point, For the first 8 hours after your surgery ice packs can be placed along the jaw, in front of your ears, for periods of 20 minutes on and 10 minutes off. You should not use any ice after the first 24 hours. Warm moist packs can be applied after the first 24 hours if you desire.

DIET

A liquid diet should be maintained after surgery for that day. You can then advance to a soft diet for the next 2 to 3 days. For the remainder of the healing process common sense is advised-"if it hurts to eat it, don't eat it". You should make a conscious effort to drink plenty of fluids; as it is very easy to get dehydrated.

HYGIENE

Do not brush your teeth the night of the surgery. Starting the day after surgery you should begin brushing your teeth being gentle in the area of the surgical sites. You may be prescribed a mouth rinse (Peridex). You should rinse gently twice a day, 24 hours after your surgery, with mouth rinse or warm salt water for a total of seven days.

Grocery List

Here are a few items you may want to get from the store to make your healing process a bit more comfortable after surgery.

Jello

Cream of Wheat

Applesauce

Soup

Mash Potatoes

Yogurt

Smoothies - NO seeds (with spoon)

Pudding

Macaroni & Cheese

Ice cream

Sorbet

NO Rice

NO Quinoa

Tea Bags

(If needed, use in place of gauze. This helps the healing process. Use with no spice or caffeine)

While pureed foods and drinks are easy to swallow, it is important to strive for a balance of protein and fiber after having Oral Surgery since the temptation is to stick with juices which do not provide the necessary nutrition.

REMEMBER

NO STRAWS, NO SPITTING, NO RINSING, NO SMOKING, & NOTHING HOT!!