

## Post-Op Instructions

Congratulations on successfully undergoing wisdom tooth removal at Nomad Wisdom Teeth, serving Dallas, Fort Worth, and Austin. We understand that undergoing oral surgery can feel overwhelming, but rest assured, you're in capable hands with our team. We're here to guide you through every step of the process, ensuring your comfort, safety, and satisfaction. Following proper post-operative instructions to promote healing and minimize discomfort is crucial. Below, we've outlined detailed guidelines to help you easily navigate the recovery period.

### Understanding Post-Operative Care

After wisdom teeth are removed, your body requires time to heal and adjust to the changes in your oral cavity. Following the procedure, you may experience some discomfort, swelling, and minor bleeding, which are normal and can be managed effectively with proper care and attention.

### Post-Operative Instructions

#### 1. Immediate Post-Surgery Care:

- **Bite Down on Gauze:** Gently bite down on the gauze pads provided by our team to control bleeding and promote clot formation. Change the gauze pads as needed until the bleeding subsides.
- **Apply Ice Packs:** To reduce swelling and alleviate discomfort, apply ice packs to the affected area for 20 minutes on, then 20 minutes off, during the first 24-48 hours following the procedure.
- **Take Prescribed Medication:** Take any prescribed pain medication and antibiotics as directed by your oral and maxillofacial surgeon to manage pain and prevent infection. Avoid taking aspirin, as it can increase the risk of bleeding.

#### 2. Diet and Nutrition:

- **Soft Foods:** For the first few days following surgery, stick to a soft diet consisting of yogurt, smoothies, mashed potatoes, soups, and applesauce. Avoid hard, crunchy, or spicy foods that may irritate the surgical site.
- **Hydration:** Drink plenty of fluids, but avoid using straws, as the suction motion can dislodge blood clots and impede healing.

#### 3. Oral Hygiene:

- **Gentle Oral Care:** Maintain good oral hygiene by gently brushing your teeth with a soft-bristled toothbrush and avoiding the surgical site. Rinse your mouth with warm salt water after meals to keep the area clean and promote healing.
- **Avoid Rinsing:** Avoid vigorously rinsing your mouth or using mouthwash during the first 24 hours after surgery, as this can disrupt blood clot formation.

#### 4. Activity and Rest:

- **Take it Easy:** Avoid strenuous physical activity and heavy lifting for the first few days following surgery to prevent complications and promote healing.
  - **Rest:** Get plenty of rest and allow your body time to recuperate. Avoid lying flat, as this can increase swelling. Instead, prop your head up with pillows to keep it elevated.
5. **Follow-Up Appointment:**
- **Schedule a Follow-Up:** Attend your scheduled follow-up appointment with your oral and maxillofacial surgeon to monitor your progress and ensure proper healing. During this visit, we may remove any sutures, and we can address any concerns or questions.

## Why Choose Nomad Wisdom Teeth

Our skilled and dedicated oral and maxillofacial surgeons are committed to delivering excellence in patient care. With a patient-centered approach, our oral and maxillofacial surgeons take the time to understand each individual's unique concerns and goals, allowing them to develop personalized treatment plans tailored to their needs. Our philosophy revolves around utilizing state-of-the-art technology to deliver optimal outcomes while prioritizing patient comfort and satisfaction. Our oral and maxillofacial surgeons' unwavering dedication to this craft and compassionate care make us a trusted partner in achieving your oral health goals.

## Wisdom Teeth Removal in Dallas, Fort Worth, and Austin

If you need wisdom tooth removal in Dallas, Fort Worth, or Austin, trust the experts at Nomad Wisdom Teeth. At Nomad Wisdom Teeth, we support you at every step, from pre-operative preparations to post-operative care and beyond. Contact us today to schedule your consultation.