



Post-Operative Instructions: Surgical Exposure of Impacted Teeth

Do not disturb the wound. If surgical packing was placed, leave it alone. The pack helps to keep the tooth exposed. If it gets dislodged or falls out, do not get alarmed.

Bleeding

Some bleeding or redness in saliva is normal for 24 hours. Excessive bleeding which results in your mouth filling rapidly with blood can frequently be controlled by biting with pressure on gauze pads placed directly on the bleeding wound for 30-60 minutes. The gauze may need to be replaced several times. If bleeding continues, place call for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag or a plastic bag or towel filled with ice cubes on the cheek in the area of surgery. Apply the ice continuously as much as possible for the first 36 hours. Swelling generally reaches a peak in 24-36 hours, and then subsides over the next three to five days. If swelling begins to increase after the third post-operative day, please contact your doctor immediately.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. What you eat is a comfort issue, not a healing issue. Return to a normal diet as tolerated unless otherwise directed.

Pain

For moderate pain, one or two Regular Strength Tylenol (325mg) may be taken every six hours (no more than 2600mg/24 period). Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter comes in 200mg tablets; 3-4 tablets may be taken every four to six hours as needed for pain (no more than 3200mg/24 period). Do not take any of the above medications if you are allergic or have been instructed not to by your doctor. This may include patients with liver or kidney disease.

For severe pain, take tablets prescribed as directed (please not if this prescription has Tylenol {APAP} in it and see the above paragraph). The prescribed pain medication may make you groggy and may slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. Pain or

discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should contact our office.

Oral Hygiene

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth as best you can. Rinse with warm salt water (1/2 teaspoon of salt in a cup of warm water) six times a day. Continue this procedure until healing is complete.

REMEMBER: A clean wound heals better and faster.

Activity

Keep physical activities to a minimum immediately following surgery. If you are exercising, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light-headed, stop exercising.