



# COMPLETE DENTAL CARE

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## POST OPERATIVE INSTRUCTIONS – PART I

### Day 1

**HEMORRHAGE CONTROLS:** When the gauze placed over your surgical site becomes saturated and soggy, it is time to change it

1. Place the gauze directly over the surgical site. It is easy to displace the gauze (especially if you are numb) so you may want to have some assistance to ensure the gauze is directly over the surgical site.
2. Gently close your teeth placing firm (but not painful) pressure on the gauze. Please take care not to bite your tongue or cheek during this process if you are still numb.
3. Maintain the gauze in this position with light biting pressure until it is fully saturated. You may then change it. You will find that your first few pieces of gauze will be in for shorter periods of time. As your bleeding slows, you will have the subsequent pieces of gauze in for longer periods of time.
4. Please be sure the gauze is fully saturated before removing it. If it is rather dry and you need to remove it, use a little bit of water from a cup to moisten it before removal. This will reduce the likelihood of your newly formed blood clots from being displaced or adhering to the gauze when you change it.
5. It is normal to have “oozing” from the surgery sites for 24 hours. You may find blood tinged saliva on your pillow the next morning, so it is advisable to use an old pillowcase for the first night
6. Keep your head elevated above your heart with pillows while in bed, or use a lounge chair the first 24 hours after surgery.

7. Do not spit, rinse, or use a straw the first 24 hours as these movements can displace the newly formed blood clots (which take about 24 hours to adhere to the surgical site) and prolong bleeding.
8. Do not smoke for 4 days after surgery as this can increase bleeding as well as interfere with healing.

**PAIN AND INFECTION CONTROL:** Ordinarily, the use of over the counter medications, such as aspirin, ibuprofen or Tylenol will adequately relieve pain when taken 2 tablets every 4 hours. Children should receive a smaller dose of between 1/6 and 1/2 the adult dose, and only if necessary. If you have been given a prescription, have it filled and take as directed on the package. If you develop hives or a rash, **discontinue all medication and immediately contact our office.**

**SWELLING CONTROL:** Apply an ice pack to the jaw immediately upon your return home, **20 minutes ON and 20 minutes OFF.** Continue using the ice packs for 8-12 hours. Your largest swelling (peak swelling) usually occurs at the end of the third post-surgical day. This increased swelling can result in increased discomfort during this period. The more you apply ice to your face the first 8-12 hours post surgically, the smaller this swelling will be and as a result the more comfortable you will be. This first 8-12 hours is the optimum window of opportunity to use ice to control your later swelling.

**DIET:** A cool semi-liquid diet is recommended the day of surgery, such as apple sauce, Jell-O, yogurt, or milkshakes. Soft foods are recommended for another two days. Increase your fluid intake. Resume your normal diet as soon as possible. **DO NOT USE STRAWS!** This will increase bleeding.

**NAUSEA:** A small amount of carbonated drink, Coca-Cola, or ginger ale, every 5 or 6 hours will usually terminate nausea. Follow this with mild tea or clear soup, etc. Please avoid foods high in acids (e.g. orange juice, pineapple juice, cranberry juice) as they can contribute to nausea. If fruit juices are desired, try less acid juices such as apple, white-grape or carrot juice. If nausea persists, contact this office for assistance.

## POST OPERATIVE INSTRUCTIONS – PART II

### Day 2

**ORAL HYGIENE:** The day following surgery, the mouth should be rinsed gently with warm salt water solution (1/2 tsp. in glass of warm water), after each meal and at bedtime for 4-7 days. The teeth should be brushed but avoid the site of surgery. **Begin brushing the teeth gently with a soft toothbrush the day after surgery.**

**SMOKING:** Smokers are advised **NOT TO SMOKE** for at least 4 days following surgery. Smoking will delay healing, resulting in prolonged pain, and can be a source of post-operative infection.

**REST:** Avoid over fatigue. Go to bed early at night and get adequate rest during the day.

**DENTURES:** If you have had dentures placed, **DO NOT REMOVE THEM.** They will be removed in this office at your next appointment. If you need to remove them, please be advised that subsequent swelling at the surgery site can result in the inability to replace them until the swelling subsides.

**BEGINNING THE DAY AFTER SURGERY AND FOR THE NEXT 5 DAYS,** apply warm moist heat to the outside of your face for relief of muscle stiffness and headaches.

The removal of impacted wisdom teeth and other surgical procedures may be quite involved and difficult. The following conditions may occur, all of which are considered normal:

- The surgical site will usually swell
- The swollen area may become quite large and hard
- Stiffness of the muscles may cause difficulty opening the mouth. **REMEMBER TO APPLY WARM MOIST HEAT FOR 5 DAYS, STARTING THE DAY AFTER SURGERY.**
- You may have a slight earache.
- A sore throat may develop
- Numbness around the corners of the mouth on the side from which the tooth was removed may result. This is called “paresthesia” and is most often a temporary condition, which will usually correct itself. It may remain anywhere from a few days to a few weeks.
- Your other teeth may ache temporarily. This is called SYMPATHETIC PAIN and is a temporary condition.

- If the corners of your mouth are stretched, they may become dry or cracked. Keep lips moist with cream or ointment such as KY Jelly or lip balm.
- There will be a cavity from where the tooth was removed. This area should be rinsed following meals with salt water or mouth wash. This space will gradually fill in with tissue. **DO NOT OVER RINSE.**
- Black and blue discoloration may occur on the outside of the face near the area of surgery. This occurrence is not unusual and will resolve within a few days
- There may be a slight elevation of temperature for 48 hours. If elevated temperature continues contact our office.
- Sutures (stitches) may be used to close the surgical wound. Often, they are self-dissolving and do not require removal. If you are concerned, please contact the office.