

## POST-OP INSTRUCTIONS

Follow all post-operative instructions provided to reduce possible complications and facilitate your recovery.

\_\_\_\_\_ has a post-op appointment on \_\_\_\_\_ at \_\_\_\_\_ with \_\_\_Dr. Mower \_\_\_Dr Colletta

### **General Anesthesia and IV Sedation**

**Do not drive, operate machinery or power tools after general anesthesia and as long as you are taking narcotic pain medication.** You may feel alert but your fine motor skills and reflexes will be diminished.

- **Avoid making important decisions.**
- Allergic reactions are rare with the medications being used. However, if you feel that something is abnormal, contact our office immediately.
- A responsible adult should stay with you for the remainder of the day following sedation.

### **Extractions (including Wisdom Teeth)**

1. Bite **firmly** on a folded **gauze** pack for **30** minutes. **Avoid talking.** If bleeding continues, **moisten** the extra gauze provided and bite down for an additional 30 minutes. Repeat this until the bleeding stops. Expect some **bleeding or oozing** the first few days. If the bleeding or oozing is excessive or continuous after multiple attempts at biting on gauze, call our office for additional instructions.
2. **Do not rinse or spit today.** Begin with gentle **warm salt-water rinses the morning after surgery** (8 oz. water, ¼ tsp. salt). Do this several times daily until the sockets heal completely. **Resume brushing** the morning after surgery.
3. Apply **cold compresses to the side of the face** for the first 24 hours. Alternate **15** minutes on and **15** minutes off. After 24 hours, switch to **warm compresses, twice a day**, until the swelling resolves.
4. **Take all medications as prescribed.** The pain usually is strongest right after the numbness wears off. Over the counter pain medication, such as ibuprofen, can be taken before the numbness wears off unless you have an allergy to it or a medical condition that prevents you from taking it. Normally we advise taking the appropriate dose as directed on the over-the-counter packaging. The maximum dose of ibuprofen in a 24 hour period is 2400mg. If there is a prescription for pain medication, start with lowest dose and then wait at least one hour. Do

not take more than the dose prescribed or more often than prescribed. Post-operative pain medicine is usually a combination of a narcotic (hydrocodone or codeine) and Tylenol™ also known as acetaminophen. Do not take additional over the counter Tylenol™(acetaminophen). If the pain medicine is wearing off and you are struggling to get through until the next dose you should call the office. The maximum dose for a normal adult, of Tylenol (acetaminophen) is not to exceed 3000mg in a 24 hour period. Your maximum dose may be less; your primary care doctor can help you with an appropriate dose.

5. Make sure to have eaten prior to taking the pain medication. It is important to take antibiotics as prescribed until they are gone. If you were prescribed steroids, begin taking them **the morning after surgery**. Directions are on the blister pack, **inside the box**.
6. **Dry socket** can occur after 3<sup>rd</sup> molar removal. Intense pain 3-4 days after the surgery can indicate the beginning of a dry socket and should be reported to our office immediately. It may require an office visit for evaluation.
7. **No Smoking**. Smoking within the first 24 hours triples the chance of getting a dry socket.
8. Drink plenty of **fluids, but NO alcoholic or carbonated beverages. Do not use a straw**. Drink from a cup. A well-balanced diet will aid in the healing process. Advance your diet as much as you can tolerate. Begin with a soft diet that won't require much chewing. A regular diet can be started when the tissues have healed and there is no pain with chewing.
9. Soreness of the jaw muscles is very common. If this persists, place warm compresses on the face for 20 minutes twice a day and continue a soft diet.

**The irrigating syringe is used on the third day following surgery. Fill the syringe with warm water then place the curved tip down inside the lower extraction sites and flush. Continue flushing after meals until the extraction sites are closed.**

**Expect some swelling and discomfort for a few days, in particular the day following surgery. Be patient, as healing takes time.**

PLEASE CONTACT DR. MOWER AND DR. COLLETTA'S OFFICE WITH ANY QUESTIONS OR CONCERNS AT 661-255-1515