



## Wisdom Tooth Extraction - Discharge Instructions

### DISCOMFORT

Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medicine. **If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.** Some patients find that stronger pain medicine causes nausea, but if you precede each pain pill with a small amount of food, chances for nausea will be reduced. The effects of pain medications vary widely among individuals. Carefully review your medication management instructions including the directions on prescription medication bottles to ensure you are taking the appropriate dose. Remember that the most severe pain is usually within four to six hours after the local anesthetic wears off; after that your need for medicine should lessen.

### Instructions for Pain Management

- Take 400 mg of Ibuprofen with 500 mg of Acetaminophen (Extra Strength Tylenol) every 4 hours at the same time. It is most effective if taken around the clock for the first 72 hours.
- If pain is NOT manageable with the Ibuprofen + Extra Strength Tylenol, you may replace the Extra Strength Tylenol with one Hydrocodone-Acetaminophen if prescribed.
- **\*\*DO NOT TAKE EXTRA STRENGTH TYLENOL AND HYDROCODONE-ACETAMINOPHEN AT THE SAME TIME\*\***

\*\*ALWAYS VERIFY THE DOSAGE ON YOUR BOTTLE AT HOME BEFORE TAKING ANY MEDICATIONS. DOSAGES VARY PER BOTTLE.\*\*

**IBUPROFEN MAXIMUM DOSAGE: 2400 MG PER DAY**

**ACETAMINOPHEN MAXIMUM DOSAGE: 3000 MG PER DAY**

Feel free to call our office if you have any questions or concerns at (630)909-0500.

### BLEEDING

- Bite on the gauze pack that has been placed for 30 minutes without changing it, or until you arrive home, then remove it gently.
- Some oozing of blood from the area of surgery is normal and can be expected, in small amounts, for the first 24 hours. You may find a bloody/pinkish stain on your pillow in the morning.
- Do not spit, rinse vigorously or smoke for at least 24 hours.
- If bleeding begins again, place a small damp gauze pack (which you received from the doctor) over the sites and bite firmly for 30 minutes. You may also moisten tea bags (any type) place over the sites and bite firmly for 30 minutes. The tannin in the tea will help the blood to clot.

### SWELLING

- Swelling after surgery is a normal body reaction. Swelling will be at its worst about 48 hours after surgery and usually lasts 5-7 days.
- To lessen swelling, apply ice packs over the area of surgery for ½ hour, then off ½ hour, during the first 24 hours while awake.
- Keep your head up (elevated) with several pillows or sit in a lounge chair.



# PRAIRIE PATH™

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## DIET

- A soft diet with a large fluid intake is recommended for the first 48 hours. Cold soft food such as ice cream or yogurt may be most comfortable.
- After the first 48 hours, begin to eat your “normal” food again.

## ORAL HYGIENE

- Do not brush your teeth for the first 24 hours after surgery.
- After 24 hours, rinse gently with water every 4-6 hours.
- Brushing and flossing may be resumed after 24 hours, but avoid the area of the surgery.
- Putting your toothbrush under hot water will soften the bristles and allow for more comfortable brushing.

## IRRIGATION SYRINGE

- Starting one week after your procedure you will use the irrigation syringe on the lower extraction sites to help keep the area clean.
- Twice daily, fill the syringe with warm water and irrigate the lower extraction sites by placing the tip of the syringe into the socket and gently flush each area. Be sure to angle the tip at a 45-degree angle to avoid pushing debris down deeper into the socket.
- Continue to irrigate the area until the water comes out clean and clear. A small amount of bleeding is not uncommon and should subside quickly.

## STITCHES

- Your stitches will begin to dissolve or may be totally gone in 3-7 days. If needed, remaining strands will be removed at your follow-up appointment.

## STIFFNESS

- After surgery you may experience jaw or muscle stiffness. You may not be able to open your mouth all the way. This is normal and will improve in 5 to 10 days.

## REST

- Avoid strenuous activity for 12 hours after your surgery.

## WHEN SHOULD I CALL THE DOCTOR?

- When you experience excessive discomfort that is not controlled with the prescription pain pills.
- When you have bleeding that is not controlled by biting on gauze.

*You may need to schedule a follow-up appointment if you experience any issues or concerns.*

**PLEASE NOTE: TELEPHONE CALLS FOR NARCOTIC (NORCO, VICODIN) PAIN MEDICATIONS ARE ONLY ACCEPTED DURING OFFICE HOURS. PHARMACIES NO LONGER ACCEPT PHONE CALLS FOR THESE MEDICATIONS.**