



## Post-Operative Instructions Following Dental Surgery

After surgery, the patient's post-operative ride will be shown how to change the gauze and will be given post-operative irrigation instructions. Extra gauze will be provided for the patient to take home. Most patients will only need to keep the new gauze in place for 1.5 hours. It is recommended that the patient keeps firm pressure on gauze and **DOES NOT TALK** so that the gauze stays in place. Patient may have cold and creamy food typically 1.5 hours after surgery. **DO NOT CHANGE OUT GAUZE ALL DAY LONG.** Contact 911 or Emergency Medical Services (EMS) if patient loses or has lost consciousness, then contact Dr. Foust.

- ◆ **Only eat cold and creamy foods** the day of surgery such as smoothies, liquid nutritional drinks, pudding or protien shakes until the numbness wears off. Cold and creamy foods will help maintain the patient's blood clots, warm or hot foods can dislodge the clots.
- ◆ **EAT A LIQUID DIET FOR THE NEXT 4 DAYS (96 hrs).** Why is this so important? You do not want to eat foods which can get stuck in your fresh blood clots where your teeth were removed. This is called food impaction and will cause infection. If at any point you start to have a bad taste in your mouth then you have created a food impaction in a sugery site and you will need to use your irrigation syringe to clean out the site (see irrigation syringe instructions below).

### \*Eat foods like these during the first 4 days (96 hrs)\*

Smoothies (w/o seeds)

Mashed Potatoes very finely  
mashed such as (KFC style)

Instant Breakfast

Liquid Nutrition Drinks

Soup Broth

Cream Soups

Yogurt

Apple Sauce

Pudding

Jell-O

Popsicles

Ice Cream

- ◆ **Immediately following surgery, have patient keep gauze in place for 1.5 hrs then eat something cold and creamy and take 2 Extra Strength Tylenol tablets (1000mg total), wait 3 more hours then take 600-800 mg of Ibuprofen (Advil) then switch back to Tylenol and continue to stagger. See pictures below.**
- ◆ **Apply ice packs to cheek areas of surgery when the numbness starts to wear off for the next 48 hours only when patient is awake.** Applying ice while patient is still numb will be of no benefit. On the third to fifth days following surgery, apply heat to the swollen areas as often and as long as possible until swelling disappears. Either moist or dry heat will help. A heating pad set to low is preferable to rice bags or other heating devices.
- ◆ **Do not rinse mouth for 24 hours.** Start rinsing with your prescribed mouth rinse after 24 hours. Rinse 2 times a day until mouthrinse is all gone.
- ◆ **No straws, No spitting. Use a spoon for eating.**
- ◆ **Have patient read these instructions the day after surgery.**
- ◆ **Rest for the first 24-48 hours after surgery.** Patients who have sedation should refrain from driving an automobile or from engaging in any task that requires alertness for the first 24 hours after surgery.
- ◆ **Take antibiotics, if prescribed.** Unless otherwise instructed by Dr. Foust
- ◆ **Swelling, pain, and discomfort will peak on days 2, 3, and 4 and will plateau on day 5.** Day 1 is the day of surgery. After day 5, the extraction site(s) should slowly decrease in discomfort every 2 days. For example, day 7 should feel a little better than day 5, and day 9 should feel a little better than day 7, etc.
- ◆ **Platelet Rich Fibrin (PRF) therapy:** If you have recieved this treatment during surgery you will likely have less discomfort and swelling for the next 3 days after surgery but may notice an increase in discomfort on the 4th day (count day 1 as the day of surgery). This is normal because PRF provides a statistically significant reduction in pain over patints who have not received this treatment for the first 3 days following surgery, but on the 4th day the pain level will be the same as a patient who did not recieve this treatment which is why you may see an increase in discomfort on day 4. Don't worry the PRF is still helping with the healing process.
- ◆ **Each extraction site is its own individual surgery site. If you have had 4 wisdom teeth removed, it is common for one lower extraction site to be more uncomfortable than the other 3 sites during the healing process.**
- ◆ **Brush Teeth** as usual but keep bristles on tooth surfaces next to an extraction site for the next 7 days. After 7 days you may brush as normal.
- ◆ **Retainers** may be worn as usual starting 24 hrs after surgery as long as they stay off of the gum tissue on your cheek or lip side of your mouth near an extraction site. Retainers that extend into the gum tissue should be left for 4 days (96 hrs).



**Post-Operative Instructions Following Dental Surgery (Continued)**

- ♦ **INTENSE PHYSICAL ACTIVITY** may resume in 5-7 days.
- ♦ **NO SMOKING FOR 5-7 DAYS.** Smoking will cause delayed healing nearly 100% of the time.
- ♦ **Glue Stitch.** If you feel a hard sharp substance with a purple color don't be alarmed. This is glue stitch which was used inbetween your teeth over your gum tissue after surgery. It will fall out on it's own.
- ♦ **Stitches.** If you received stitches, they will fall out on their own as soon as 24 hours after surgery. It may take up to 14 days for the stitches to fall out.
- ♦ **Follow up.** We typically advise patients to return to your dentist's office for a quick 5-7 day follow up. If your healing process seems different than this form please visit [wisdompartnerdds.com](http://wisdompartnerdds.com) or don't hesitate to contact Dr. Foust via Email, Text, or Phone Call. [DrFoust@wisdompartnerDDS.com](mailto:DrFoust@wisdompartnerDDS.com), 832-600-6878.
- ♦ **Allergic Reaction to Medications.** If you believe allergic reactions to medications are occurring don't hesitate to contact Dr. Foust via Email, Text, or Phone Call. [DrFoust@wisdompartnerDDS.com](mailto:DrFoust@wisdompartnerDDS.com), 832-600-6878.
- ♦ **Contact** Dr. Foust if you are not improving week by week via Email, Text, or Phone Call. [DrFoust@wisdompartnerDDS.com](mailto:DrFoust@wisdompartnerDDS.com), 832-600-6878. **BLEEDING AFTER IRRIGATION IS NORMAL** for the next several days, when you begin irrigation on day 4 after surgery. Contact the office if you experience COVID-19 symptoms within 14 days after dental appointment:

**\*Irrigation Syringe Instructions\***

Important: **START** using IRRIGATION SYRINGE on day 4 (96 hrs). If you believe you have food stuck before day 4, you can start using the irrigation syringe as soon as Day 3 (72 hrs). Fill up irrigation syringe with warm water. Curved tip of syringe **MUST** go in at least 1/3 of the way into the incision or hole left behind where the tooth was once positioned. If you feel that pain has been tolerable but then suddenly begins to worsen, in an overwhelming majority of cases, this means that there is impacted food in the extraction site(s). Use enough force with irrigation syringe and place tip of syringe *in the extraction site* in order to increase your chance of removing food. For patients who have had wisdom teeth removed, the incision or hole will be located behind the back remaining tooth in each corner of the mouth situated between the tooth and the cheek. Solution from irrigation syringe should be pushed into the incision site with enough force to empty the syringe within 5 to 7 seconds. It may help to take Tylenol with food 30- 40 minutes before you start irrigating. COMPLETE 2 SESSIONS PER DAY (one session in the afternoon/one session in the evening before bed. Express 7-8 syringes full of water in each site for the next several weeks until incisions or holes stop collecting food. The larger the hole after surgery, the longer it will take to close, but you will see a noticeable difference in healing week by week and month by month.

**PAIN MEDICATION**

- ♦ You will need to purchase Extra Strength Tylenol over the counter.
- ♦ You will receive a written prescription for Ibuprofen 600. If you prefer, you may use 3 Advil instead.

Taking the pain medication is very simple and should begin as soon as possible after surgery. Start by taking **2** Extra Strength Tylenol Wait three hours. Then take **1** Ibuprofen 600. Wait three hours and repeat this process.

**TYLENOL (also known as Acetaminophen) & IBUPROFEN (also known as Advil)**

