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*Sedation
Exposures
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Wisdom teeth
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Trauma*

After Wisdom Teeth Removal

Day One

- ♦ A responsible adult should be available to assist you for the first 24 hours.
- ♦ Keep your head elevated at all times, a recliner is great, or pillows behind your head while sleeping, this helps decrease the swelling and pain.
- ♦ The gauze pack was placed over the surgical site, **leave it in place for 2 hours after arriving home.** You may remove the gauze to eat, drink, and take medications after this, a little oozing after is normal.
- ♦ **Avoid rinsing today, this will begin tomorrow.**

- ♦ It is normal to have some bleeding for several hours after surgery and occasional oozing for 24-48 hours. Moist gauze packs or tea bags can be placed over the site and held with gentle pressure to minimize bleeding. The gauze packs may be left out once the bleeding has tapered off.
- ♦ Leaving the head wrap in place for 24 hours is the most beneficial. Apply the ice for 1 hour to the side of the face, then refreeze the gel packs, and replace them. Even when the gel pack has melted the pressure is beneficial in reducing the swelling.

- ♦ It is important to drink plenty of fluids, and limit your diet to soft, not hot foods the first day.
- ♦ Take the Motrin every 6 hours as directed, this anti-inflammatory will help to reduce swelling/ tenderness
- ♦ DO NOT drink alcoholic beverages, drive, or operate machinery for 24 hours following the anesthesia.

Day Two

- ♦ Keep your head elevated again today.
- ♦ **Begin warm salt water rinses** (1/2 tea. salt to 1 cup water) **8-10 times a day for the next week. This is about every hour you should rinse.**
- ♦ Continue the Motrin every 6 hours to reduce swelling.
- ♦ You may begin brushing your teeth today, and eating foods you're comfortable with.

- ♦ Continue to use the head wrap and ice packs today if needed.

Day Three

- ♦ Keep your head elevated if possible.
- ♦ **Continue salt water rinses 8-10 times a day.**
- ♦ Continue the Motrin every 6 hours.
- ♦ Drink plenty of fluids and continue advancing your diet.
- ♦ Swelling is to be expected and usually reaches its maximum during the first three days. Keeping the ice wrap on this long after surgery may contribute to this.

After Day Three

- ♦ **Continue salt water rinses 8-10 times a day for a week.**
- ♦ You may begin using the syringe (if provided) to clean the lower extraction sites, be very gentle. It may take several weeks for the lower sites to close. (See separate instructions with the syringe.)
- ♦ You may begin moist heat (a warm washcloth) to help reduce swelling or tight muscles.

General Instructions

Take any prescriptions as directed.

DO NOT SMOKE. Smoking in any amount in the first few days can cause a dry socket and will dramatically delay healing.

DO NOT combine pain medication with alcohol.

If you have been prescribe

ed an antibiotic and are currently taking oral contraceptives, use an alternate method of birth control for the remainder of this cycle.

Most stitches are designed to fall out on their own 3-5 days after surgery. If they need to be removed you will be informed of this

Do not use a straw for a couple of days

Report the Following to Us

Excessive bleeding
Persistent nausea
Severe, uncontrolled pain
Temperature greater than 101F (by mouth)
Rashes / itching / wheezing
Redness / warmth / drainage at the surgical site