DO NOT smoke or use tobacco of any kind following surgery, This WILL prolong healing.

**General Comments - Surgery:** Wisdom tooth extraction is a surgical procedure. Many patients will experience discomfort such as pain, nausea, swelling, and difficulty eating following the procedure. You should expect these symptoms to last 48 to 72 hours. The following information is provided to facilitate your recovery and maintain comfort after the operation.

**General Comments - IV Sedation:** The after-effects of sedation are often predictable but may vary slightly between individuals. Sedated patients may fall asleep and have some delusional memories or hallucinations. Following treatment and after your discharge home with a responsible guardian, it is likely that you will not remember the actual dental procedure or time spent in the recovery room. It is absolutely normal to feel a little groggy and tired after sedation. It often takes up to 24 hours to feel completely normal, and you should not drive for 24 hrs.

**Medications:**

**Amoxicillin or Clindamycin (Antibiotics):** Take your antibiotic with a small glass of water 1 HOUR before your appointment. It is important to take this on time, and completely. Follow the directions on the prescription given. (Failure to do so may result in infection).

**Dexamethasone:** This is a corticosteroid, and helps minimize post operative swelling. It is important to take this on time, and completely as directed on the prescription given. Take Dexamethasone with a small glass of water 1 HOUR before your appointment.

**Motrin:** Although, Motrin helps with the discomfort its primary function is to minimize inflammation and swelling and should be taken for the first 5 days.

**Peridex (Mouth Rinse):** 24 hrs after surgery, gently rinse 2x a day for 30 seconds for 10 days. Between meals, it is helpful to rinse with warm salt water.

**Pain Medication:** Start off staggering Over The Counter Tylenol with the Motrin, taking each every six hours, three hours apart. If discomfort remains switch the OTC Tylenol with Vicodin and continue taking the Motrin.

**Bleeding:**

A certain amount of bleeding is expected following oral surgery. Remember blood acts like food coloring and turns the saliva red, and may lead you to believe you bleeding is worse than it actually is. Bleeding may be seen 24-48 hours after surgery. If bleeding occurs, fold a wet gauze pad in half, fold in half again, then place directly over socket and bite firmly for 45 minutes. It may be necessary to repeat this procedure. If you experience excessive bleeding, use a moist tea bag in place of the gauze. If bleeding persists, please contact our office.
Swelling:
Slight to moderate swelling and stiffness are to be expected the first three days after surgery. Swelling will typically start to reduce after 3-5 days. Post surgery, you should apply an ice pack for 20 minutes then remove for 20 minutes and repeat to minimize swelling. Stiffness is a protective mechanism, and is your body trying to minimize movement in the surgical sight. If you develop stiffness of the jaw it often subsides within a week to two weeks. To reduce swelling, it is best to remain relatively inactive for the first 48hrs. KEEP YOUR HEAD ELEVATED WHILE RESTING AND SLEEPING FOR THE FIRST TWO NIGHTS.

Pain Relief:
A certain amount of discomfort is not uncommon. Start taking prescribed medication as directed the day of surgery. Medication should not be taken on an empty stomach. Please do not hesitate to contact our office if pain persists at (734 663-6777).

***WOMEN PLEASE NOTE:
Some antibiotics may interfere with the effectiveness of birth control pills.

Nausea:
Nausea may occur due to taking medications on an empty stomach. This may be relieved by drinking 1 oz. an hour of a carbonated beverage such as Ginger Ale for 5-6 hours. This may be followed by a mild tea, broth or soft food before resuming your regular diet. PLEASE DO NOT USE A STRAW, DRINK FROM A BOTTLE, OR SPIT FOR 2 TO 3 DAYS FOLLOWING SURGERY. Doing so may result in dislodging of the clot and promote prolonged bleeding.

Diet:
A light diet (yogurt, pudding, jello, etc.) is recommended the day of surgery. The following day, a soft diet (pastas, mashed potatoes, scrambled eggs, etc.) is recommended. You may resume your normal diet as soon as tolerable.

Brushing:
Rinsing, spitting and brushing should be avoided the day of surgery. Resume brushing the day after surgery, avoiding surgical sites with the toothbrush. After brushing, rinse gently with the Peridex (Chlorhexidine Gluconate 0.12%) oral rinse. Start the day after surgery 3x day for 7-10 days. Rinsing with Peridex will help keep the surgical areas clean, odor free, and help dissolve the sutures.

PLEASE DO NOT USE THE IRRIGATING SYRINGE FOR THE FIRST SEVEN DAYS. After the first week, fill the syringe with Peridex or warm salt water (1/2 teaspoon of salt mixed with 8 oz. of warm water) and flush out the socket. This will flush out any food or debris and facilitate healing.

Activities:
Avoid vigorous activities for three to four days after surgery. No heavy lifting. You may go back to your normal routine the following week.
Potential Post-Operative Conditions:

- A *dry socket* is a throbbing pain, which radiates to your ear and will not be relieved by pain medication. If this occurs, contact our office immediately.

- Some bruising of the face and neck may be visible for 3-5 days after, depending on the nature of the surgery performed. If profuse swelling after 5 days that has only gotten worse or is not decreasing in size contact our office.

- Many times the roots of the lower teeth are adjacent to the nerve in the lower jaw. Removing the tooth may slightly disturb the nerve causing a numbness of your chin, lower lip and tongue. No one can determine how long this will remain; but it is rarely permanent.

- Contact office if uncontrolled bleeding after the above measures have been taken.

If you have any questions or concerns, please don’t hesitate to contact our office at (734) 663-6777.