

Post Operative Instructions for Wisdom Teeth Extraction & Minor Oral Surgery

HOME CARE INSTRUCTIONS AFTER WISDOM TEETH EXTRACTION AND MINOR ORAL SURGERY

At Dantkriti Dentofacial Aesthetics and Implant Centre our goal for your healing process after oral surgery is to be as comfortable as possible and for those following post-operative instructions is very important to avoid any possibility of infection or unnecessary pain

DO'S and DONT'S IMMEDIATELY AFTER WISDOM TOOTH REMOVAL OR ORAL SURGERY

- ❖ Keep the gauze pad pressed over the surgical area by biting down for 45 minutes and then should be removed.
- ❖ Avoid Vigorous rinsing and/or touching the operated site following surgery. This may dislodge the blood clot and initiate bleeding from the operated site.
- ❖ Diet should be restricted to soft, cold & sweet. Avoid taking anything hard, hot or spicy.
- ❖ Take the pain medications as advised. This will help in avoiding the pain which may occur once the effect of anaesthesia wears off.
- ❖ Restrict your activities. Take rest as advised for the recovery
- ❖ Smoking and Alcohol consumption is strictly prohibited
- ❖ Side of your face where surgery was performed should be compressed by placing Ice Packs. Do not apply hot fomentation
- ❖ Do not apply any balm or ointment without a doctor's advice
- ❖ Doctor may advise a pain killer patch to make you comfortable and helps in relieving pain

BLEEDING AFTER ORAL SURGICAL PROCEDURE AND WISDOM TOOTH REMOVAL

- ❖ A certain amount of blood oozing out from the surgical site is to be expected after surgery.
- ❖ There can be slight redness or blood in the saliva.
- ❖ In case of Excessive bleeding, place a gauze pad over the surgical area and press firmly for thirty minutes.
- ❖ In case of profuse bleeding or If bleeding does not subside call our dental office immediately for further instructions.

SWELLING AFTER WISDOM TOOTH EXTRACTION AND ORAL SURGERY

- ❖ The swelling around the surgical area, cheeks, and side of the face is normally expected after an oral surgical procedure. This is a normal inflammatory reaction of the body towards any surgery and healing process.
- ❖ The swelling can increase up to 48-72 hours and then start subsiding.
- ❖ However, to minimize the swelling immediate use of ice packs compression is recommended. The ice packs should be placed continuously for 12 to 36 hours
- ❖ Swelling and jaw stiffness can persist for a few days, this is a normal reaction to surgery.

PAIN AFTER ORAL SURGERY AND TOOTH EXTRACTION

- ❖ For pain control, take medications as prescribed.
- ❖ Inform the doctor if you are allergic to any prescribed medicines.
- ❖ If taking narcotics, do not drive or work around any machinery.
- ❖ Smoking is strictly prohibited. Smoking can lead to infection and dry socket
- ❖ Avoid consumption of alcohol.
- ❖ Pain following surgery subside gradually.
- ❖ Hygiene maintenance is important to prevent any post-operative infection and pain.
- ❖ If pain persists for more than a week or if it is not decreasing it may require attention and you should contact the clinic.

DIET AFTER ORAL SURGERY

- ❖ After the wisdom tooth removal or any oral surgical procedure under Local Anaesthesia only a cold and soft diet should be consumed. Anything hard, hot or spicy should be avoided.
- ❖ After general anaesthesia or IV sedation only clear liquids should initially be consumed and that too after doctor's advice.
- ❖ Straws shouldn't be used. The sucking force can dislodge the blood clot and may initiate bleeding. · Avoid chewing from the operated side.
- ❖ Keep yourself hydrated; Fluids should be taken regularly.
- ❖ If you have any diet restrictions or you are diabetic inform the doctor.



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KEEP THE MOUTH CLEAN

- ❖ Vigorous rinsing or spitting should be avoided until the day following surgery.
- ❖ After 24 hours of surgery you should begin rinsing at least 4-5 times a day, especially after meals, with saline water or medicated mouth wash as prescribed by the doctor.
- ❖ Brushing and flossing can be resumed from the next postoperative day. A new soft brush is recommended with gentle pressure.
- ❖ Mouth should be kept clean for faster healing.
- ❖ In some cases doctor may advise irrigation with a syringe to keep the area debris free

DISCOLORATION OF FACE AFTER ORAL SURGERY

In some cases, the patient may experience blue, black, or red coloration of the surrounding skin. This is because some of the blood along with fluid spreads beneath the skin surface. This is normal and self-limiting and may take a few days to disappear.

MEDICATIONS AFTER ORAL SURGERY

Take prescribed medicines as directed. Antibiotics are prescribed to prevent infection.

Discontinue antibiotics in the event of an allergic reaction or any other unfavorable condition such as rashes, stomach ache, or diarrhea, contact us immediately.

OTHER COMPLICATIONS

- ❖ Numbness of the lip, chin, or tongue during and after surgery is common due to the effect of local anesthesia. It may take a few hours to subside. You should be aware of it and should not bite upon numb areas. Especially children should be kept under direct observation.
- ❖ Sometimes there can be a slight elevation of body temperature immediately following surgery. If the fever persists, notify the doctor immediately.
- ❖ Sometimes, patients might feel hard projections at the surgical site in the mouth, especially after wisdom tooth removal. They are not the part of the tooth; they are the sharp projections of the bony walls which supported the tooth. These projections usually get smoothed spontaneously. If not, they can easily be removed by Dr. Himanshu.
- ❖ There can be dryness of lips or cracking of the corners of your mouth. Keep that area moistened by applying Vaseline or prescribed ointment.
- ❖ Patient might feel sore throat or pain while swallowing due to swelling in muscles and should subside in 2-3 days.
- ❖ Difficulty in opening the mouth for a few days following surgery is not uncommon and is due to the stiffness of jaw muscles (Trismus). This is a normal post-operative event that will resolve in a few days.

FINALLY

- ❖ Usually Sutures (Stitches) are placed after surgery to minimize bleeding and promote healing. If sutures get open up before time, this is no cause for alarm. The sutures are removed approximately after a week. Mouth opening increases once sutures are removed.
- ❖ Each day following surgery the swelling and pain should subside. If your post-operative pain or swelling worsens or any unusual symptoms occur, inform the doctor immediately.
- ❖ After tooth extraction there will be a void in the bone. This space heals up gradually. In the meantime, the area should be kept clean, especially after meals, with mouthwash or saline rinses
- ❖ Your case is unique, no two bodies are alike. Discuss any problems with the trained experts only Dr. Himanshu or your family dentist will be best able to effectively help you.
- ❖ You should start brushing your teeth the day after surgery. Brushing Should be soft and gentle at the surgical sites. Hygiene maintenance is very important.
- ❖ Dry socket is a painful condition that develops when the blood clot gets dislodged or dissolves prematurely from the tooth socket. The condition usually occurs 2-3 days following surgery. Contact our office if this occurs.
- ❖ Avoid heavy exercises as your normal nourishment is reduced. Strenuous exercise may weaken you.



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