

1. BLEEDING

A certain amount of bleeding is expected and the saliva may be tinged for 24-48 hours. Firm gauze should be maintained on the extraction socket for three hours after the extraction. If bleeding is persistent, it should be controlled by placing a piece of sterile gauze or a moist tea bag over the wound and biting on it for 1 hour.

2. BRUISING

Some patients do bruise and some don't.

3. PAIN

This can only be controlled by taking 3 Ibuprofen (Advil) capsules every 3-4 hours if necessary. The pain medication should be taken with some soft food. Avoid alcoholic beverages.

Allergic reactions such as hives, redness of skin, itchiness should be treated immediately with Benadryl 25mg-50mg. If difficulty breathing or shortness of breath or sudden lip/tongue swelling, an E.R visit is needed immediately.

**Caution: Women taking birth control medications should be aware that the antibiotics may cause the birth control medications to be ineffective, possibly resulting in pregnancy.*

4. LIMITED JAW OPENING

Inability to open mouth wide is common after wisdom teeth extractions. On days 2-4, wet a wash cloth and place in microwave for 30 seconds. Alternate cloth on/off face every 15 minutes with open and close mouth exercises.

5. JAW FRACTURE

Due to jaw being weak, post-surgery sports and hard foods can further weaken the jaw and cause into fracture. Refraining from sports and hard foods for 2 weeks post-surgery can keep this from happening.

6. POSITIONING

Elevate your head on several pillows or lay on a recliner for the first 48 hours post-surgery to decrease swelling.

7. NAUSEA

This is a very common side effect of narcotics. If you become nauseous after taking the narcotics, switch to just non-narcotic medication. If you need any further medication to help with nausea, contact our office.

8. DRY SOCKETS

Avoid getting dry sockets by not letting food get in sockets. Avoid spitting, sucking through a straw, and smoking. These things can cause the blood clot to dislodge.

9. MAINTAINING SURGICAL SITES

Do not disturb surgical site. No peeking, poking, and stretching lip/cheek out. Keep tongue off sites and leave surgery sites alone. Continuous cheek stretching can cause sutures to tear.

10. MOUTH RINSE

Rinsing/spitting - If prescribed, start "gently" rinsing 24 hours post-surgery. The antimicrobial mouth rinse is to be left in the mouth for 30 seconds with "gentle" spitting 3 times a day.

Do not rinse the mouth with commercial mouthwash for 24 hours after surgery (this can dislodge the blood clot). After this time, use one half teaspoon of salt in a glass of warm water and rinse gently 2-3 times a day.

11. INFECTION

Signs of infection are fever and puss drainage. If this occurs, contact our office.

12. ALLERGRIC REACTIONS

Hives, redness of skin, itchiness - should be treated immediately with 25mg-50mg of Benadryl. Contact our office if you experience this. If difficulty breathing, shortness of breath or sudden lip/tongue swelling occurs, this is an airway emergency. An E.R. visit is needed immediately.

13. SWELLING

Following all surgical procedures, you can expect some swelling. Apply ice to face in the area of the surgery for a period of 20 minutes on and 10 minutes off, for the first 3 hours after surgery while awake.

Discoloration of the skin of the face and neck may occur within 10 days following surgery and should be no cause for alarm.

Patients who have had impacted teeth removed should rinse after eating for approximately six weeks.

14. DIET

Adequate food and fluid intake following surgery is important. Cold, soft, and bland foods are advisable for the first 24 hours (soups, yogurt, scrambled eggs, mashed potatoes, apple sauce, pasta, rice, etc.). Avoid peanuts and other hard foods (popcorn, pretzels, seeds, berries, etc.)

15. HYGIENE

Continued proper oral hygiene is imperative. A clean mouth heals faster!!!

Normal care should be maintained but the surgical area should be excluded from care involved when brushing, flossing, dental irrigation appliances, etc. until advised.

16. THINGS TO AVOID

In order to ensure proper healing, it is imperative that the blood clot in the surgical site be stabilized. Avoid the following to prevent the clot from dislodging and causing a "dry socket":

- Do NOT consume liquids through a straw.
- Do NOT consume alcoholic beverages.
- Do NOT smoke for 7 DAYS.
- Do NOT spit.

17. FEVER

A low grade fever may occur following surgery for 2 or 3 days and should be no cause for alarm.

18. SUTURES

Typically dissolves within 5-7 days. If they become loose or fall out sooner, do not be alarmed. This is normal. Surgery sites will not have to be re-sutured.

Signature of Patient: _____ Date: _____

Print name: _____

Signature of Escort (optional): _____ Date: _____

Print name: _____

If you have any problems or questions
please do not hesitate to call our office at (215) 223-5555. Thank you!

RECOMMENDED SOFT FOODS

MAY VARY BASED ON EACH PATIENT'S HEALING TIME

WEEK 1

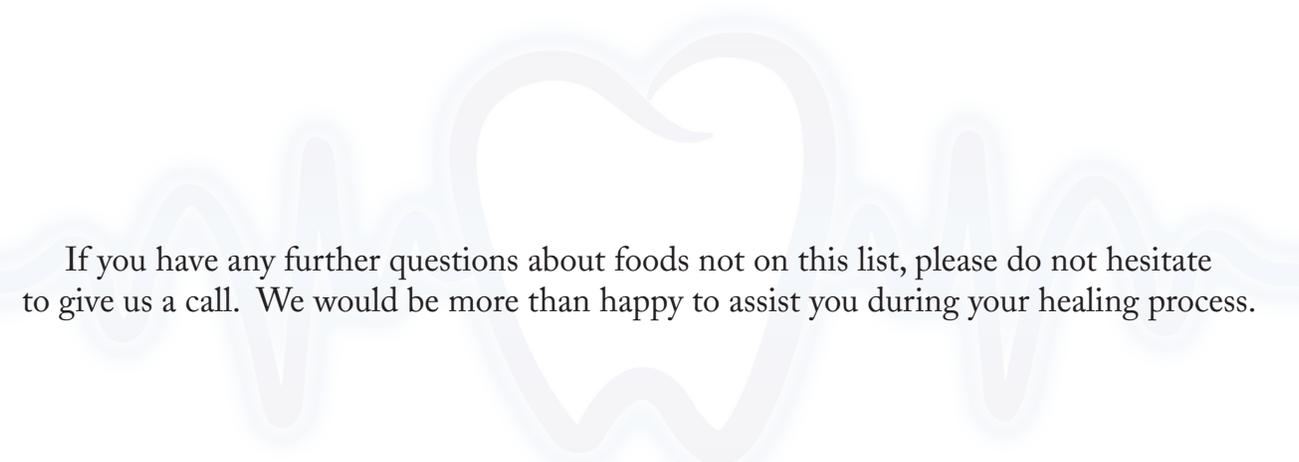
- Apple sauce
- Avocado (mashed)
- Broth (chicken, beef, etc.)
- Eggs (scrambled/poached)
- Ensure drinks
- Jell-O
- Ice cream (no toppings)
- Mashed potatoes
- Milkshakes
- Popsicles
- Pudding
- Soups (tomato/potato)
- Vegetables (pureed: sweet potatoes, cauliflower, etc.)
- Yogurt

WEEK 2

- Beans (baked/refried)
- Creamed vegetables (corn, spinach)
- Fruits (banana, papaya, avocado)
- Grilled cheese
- Hearty soups (lentil, minestrone, vegetable, etc.)
- Hummus
- Macaroni and cheese
- Pastas (spaghetti, alfredo)
- Peanut butter and jelly (no crust)
- Ramen noodles

FOODS TO AVOID

- Alcoholic and carbonated drinks
- Crunchy foods (granola, popcorn, pretzels, potato chips)
- Difficult to chew foods (steak and poultry)
- Grany foods (rice, grits, etc.)
- Spicy foods (salsa, Tony's seasoning, etc.)



If you have any further questions about foods not on this list, please do not hesitate to give us a call. We would be more than happy to assist you during your healing process.