

HOME CARE INSTRUCTIONS AFTER TOOTH REMOVAL

PRESCRIPTIONS – You may be given a prescription for antibiotics and/or anti-inflammatories. Please have the prescription filled prior to your appointment. Start the antibiotic 1 day before the appointment (if applicable). If you are sedated, we will tell your companion when you can take the next dose. The anti-inflammatory (ibuprofen/ floctafenine/ toradol) can be taken with 2 extra strength Tylenol to reduce discomfort. Follow the directions on the bottle for finishing the prescriptions.

****ANTIBIOTICS REDUCE THE EFFECTIVENESS OF BIRTHCONTROL PILLS****

BLEEDING – You may experience light bleeding for 1-2 days after tooth removal. Gauze will be given to you or your companion in case there is further bleeding. Only use it if there is heavy bleeding. Changing gauze too often can make the bleeding worse. **DO NOT use gauze while sleeping.**

MOUTH CARE - No rinsing, brushing, smoking, or alcohol for the first 24 hours. **24 hours after the procedure, start rinsing with a glass of warm water mixed with one teaspoon of salt 3 times a day for at least one week.** Brush and floss as usual being careful at the extraction sites. **We recommend that you do not smoke for 3 days. Smoking increases risk for infection and dry socket and is detrimental to proper healing.**

DRY SOCKET – Dry socket can occur 2-3 days after an extraction. To prevent dry socket, Dr. Chung often takes a small amount of blood from the arm, makes a clot from your own growth factors and places it in the socket. This also improves healing and reduces pain and swelling. Sometimes, you may get a small bruise on your arm after having blood taken.

STITCHES – If stitches were placed, you will need to come back 1 to 2 weeks later to have them removed.

SWELLING - Swelling and bruising is common after extraction(s). The maximum swelling, discomfort and jaw stiffness normally occurs 3 days after surgery. Apply ice on your jaw 20 minutes on/off for first 24 hours.

MUSCLE SORENESS - **Difficulty in opening the jaw is common after having wisdom teeth removed.** Applying moist heat 24 hours after the procedure on the jaw joint and light jaw stretching may help with jaw stiffness. Some patients may benefit from massage therapy if they continue to have jaw stiffness or difficulty opening.

DIET- It is important to maintain good nutrition following the procedure. Eat a lukewarm, soft diet the day of your treatment and **for one week** afterwards. **Do not drink through a straw.** If you would like to have a smoothie, please drink from the cup or use a spoon. Avoid food with any small chunks or seeds, as they can get caught in the extraction site(s). Drink as much fluid as you can for 3 days.

DENTURES – Keep dentures in your mouth for 3 days if possible, removing them only to rinse your mouth and to clean your dentures. This will minimize swelling. Brush your dentures daily with a soft toothbrush.

WISDOM TEETH – You are required to come back 1 week after the teeth have been removed so that Dr. Chung can check the healing process and make sure that there is no infection present. There is no charge for this appointment.

Please call if you have any concerns:

Office: 250-372-7177 After Hours: 250-574-6154