

The removal of impacted teeth is a serious surgical procedure. Post-operative care is very important. Read and follow instructions carefully. If you have questions, don't hesitate to call our office.

- If you have bleeding, a gauze pad should be placed directly over the surgical site and should be kept in place for a half hour/hour at a time by biting firmly on the gauze. The less you disturb the area the better. Discontinue using the gauze when it comes out light pink or clean. Remove the gauze when you eat and drink. Re-apply when finished, only if needed.
- If you were given any prescriptions, **please take all prescriptions as directed.** All medications should be started as soon as you get home and have had something to eat.
- **Women please note:** Some antibiotics may interfere with the effectiveness of your birth control. Check with your pharmacist or Primary Care Physician if you have questions or concerns.
- Cool, soft foods are recommended. The more you eat and drink the better you will feel. Avoid hot foods or hot liquids until the numbness is gone. Once the numbness has worn off you may have whatever you are comfortable eating. Use your good judgement; certain foods might cause discomfort (hard, crunchy or chewy foods). Please avoid these foods for the next 3-5 days.
- No drinking through a straw, smoking, or spitting for the next 3-5 days.
- If your doctor has placed sutures, they will dissolve on their own within 3-7 days (unless otherwise directed by the doctor).
- Swelling is normal. To minimize swelling, keep your head elevated by sleeping in a recliner or in bed with pillows propped behind your head and back. Apply our ice pack to the outside of the cheek in the area of surgery for a half hour/hour at a time for the first two days (48 hours). From day three, use warm compresses or a heating pad.
- Good oral hygiene is essential to good healing. Brush your teeth, being very gentle around the surgical site.
- No rinsing for the first 36 hours. After that you can rinse gently with the Peridex rinse (as prescribed) for the next 5 days. Feel free to use a warm salt water rinse as you wish in-between the Peridex rinsing.
- You will be given a specialized syringe (to help clean the surgical sites) you may begin using on day 5.
- The first 48 hours after surgery you should keep your activity level to a minimum.
- After surgery it is normal to have discomfort for up to 7 days, as long as each day you are improving.

The following conditions may occur (all of which are considered normal):

- Stiffness of the muscles may cause limited opening of your mouth for a few days.
- There may be a slight fever for 24 to 48 hours.
- It is not unusual to develop bruising.