

WISDOM TOOTH EXTRACTION

Common Complications



BLEEDING As you talk and eat more during recovery, it is common to experience intermittent bleeding and the taste of blood in your mouth. Blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Keep your head above the level of your heart to reduce bleeding.

SWELLING Swelling will be reduced by cooling down the surgical sites by icing, keeping head/shoulders elevated above the heart, and taking Ibuprofen (if able). Reducing swelling will help you recover from surgery faster.

NUMBNESS Local anesthesia can cause numbness for 4-12 hours, sometimes longer. Please be careful when eating while numb. If numbness lasts longer than 7 days, please call our office.

NAUSEA/VOMITING Nausea and Vomiting may be side effects of general anesthesia, IV sedation, antibiotics, pain medication or swallowing blood. After vomiting, do not take pain medication or antibiotics until food or liquids has stayed down for 15 minutes. If nausea and vomiting persist, call our office.

BOWEL IRREGULARITIES Be aware that narcotics, dehydration and antibiotics can cause bowel irregularities. If you develop constipation, stop narcotics and drink more fluids. You may also use a stool softener. If you develop diarrhea, try probiotic supplements and eating foods that have live cultures.

IV SITE IRRITATION Irritation at the IV site is not uncommon. Redness and swelling about the width of your pinky finger may last for 4 days after surgery. Using warm moist heat on the swelling will minimize discomfort.

DRY SOCKETS A blood clot forms at an extraction site to protect the bone and nerve. When the clot dissolves or becomes dislodged, the bone and nerve are exposed which can result in severe pain. Other symptoms may include pain radiating to your eye, temple, neck or ear, and a foul odor coming from your mouth. Factors that increase your risk of developing a dry socket include smoking, birth control, failure to follow post operative instructions, and poor oral hygiene. If after the fourth or fifth day, you are unable to manage the pain with medication, call our office.

Pain Management and Medication

We approach pain management by using a combination of over the counter (OTC) and prescription narcotic medications. Stay ahead of pain by starting the medication while you are still numb.

OVER THE COUNTER If you prefer not to take the narcotic, you may alternate between 800 mg of Ibuprofen (if able) and 1000mg of acetaminophen (Tylenol). The maximum dose of Ibuprofen is 3200 mg in 24 hours. The maximum dose of acetaminophen is 4000 mg in 24 hours.

NARCOTICS Do not take acetaminophen or medications containing acetaminophen while taking your prescribed narcotic/acetaminophen combination medication. Please carefully read the ingredients in other medication you are taking. Narcotics may cause nausea, drowsiness, dizziness, confusion, and constipation.

ANTIBIOTICS Take the entire course of prescribed antibiotics. Probiotics and live cultures can help with abdominal pain and diarrhea. Antibiotics may render birth control ineffective.

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Post Operative Instructions



Post-operative care is very important following the removal of impacted wisdom teeth. Unnecessary pain and complications of infection and swelling can be minimized by following these instructions carefully.

First 24 hours following surgery

- Patient should not be left alone. A fully capable adult should be present to provide any necessary post operative assistance.
- Bite on gauze for 20-30 minutes.
- Stay home and rest. Elevate your head and shoulder above the level of your heart to reduce bleeding. Do not engage in work, sports or strenuous activities. If sedated during the extraction, do not operate any vehicle or heavy machinery.
- Don't rinse your mouth and don't brush or floss near the extraction site(s) and the dissolvable sutures. You should gently brush and floss remaining teeth.
- Don't spit. Don't suck on candies or through a straw for 3 days following surgery. Remove any gauze before eating.
- Don't smoke or use tobacco. Avoid tobacco for at least 72 hours.
- Don't drink hot, carbonated or alcoholic drinks. Avoid hot or spicy foods as well as anything with small seeds.
- As soon as you are able, drink plenty of fluids and eat only soft, nutritious foods.

To keep swelling to a minimum, use an ice bag over the area—15 minutes on and 15 minutes off. Begin icing immediately following surgery, even when there is little or no swelling present. Continue icing for 2-3 days after surgery

To control discomfort, take pain medication before the anesthetic has worn off or as recommended.

If antibiotics were prescribed, take them for the prescribed length of time, even if all symptoms and signs of infection are gone.

24-48 hours following surgery

- Children need supervision. Adult patients do not need supervision unless taking narcotic medications.
- Continue to stay home and rest. Refrain from physical activity.
- You may carefully brush your teeth, avoiding the surgical site(s). Do not vigorously rinse or spit. Use minimal toothpaste.
- Gently rinse with saltwater rinse. (1/2 teaspoon salt per cup of warm water). Do not use mouthwash unless prescribed by Dr. Keldsen.
- Continue eating soft foods along with liquids. Avoid sharp, crunchy, or chewy food, as well as small seeds. Do not use a straw.
- Pain and swelling typically increase during the first 3 days following surgery. Continue to ice.

3 - 10 days following surgery

- As the extraction site(s) heal, the sutures will dissolve. Fragments may fall out. Do not pull on the sutures.
- Start using the irrigation syringe after eating. Fill the syringe with warm water and use to flush out food particles from the sites.

It is normal to experience some discomfort for several days after a tooth extraction.

IF YOU EXPERIENCE

- Pain or swelling that increases after four days
- Heavy or increased bleeding
- A reaction to prescribed medication

CALL
541-389-0277