



## Post-Operative Instructions Following Dental Surgery

After surgery, the patient will be shown how to change the gauze and will be given post-operative irrigation instructions. Extra gauze will be provided for the patient to take home. Most patients will only need to keep the new gauze in place for 1.5 hours. It is recommended that the patient keeps firm pressure on the gauze and **DOES NOT TALK** so that the gauze stays in place. Patients may have cold and creamy food 1.5 hours after surgery. **ONLY REPLACE GAUZE ONE TIME DURING THE DAY IF NEEDED.** If patient loses consciousness, immediately call **911** or Emergency Medical Services (EMS), then contact Dr. Foust.

- ◆ **Consume only cold and creamy foods like smoothies, liquid nutritional drinks, pudding, and protein shakes until the numbness subsides.** These cold foods aid in preserving the blood clots after teeth are removed. Once the numbness is gone (**4-18 hours after surgery**), the patient can have warm dishes like creamy soup or finely mashed potatoes.
- ◆ **EAT A LIQUID DIET FOR THE NEXT 4 DAYS (96 hrs).** Why is this so important? Patients must avoid food which can get stuck in fresh blood clots where the teeth were removed. This is called food impaction and will cause infection. If at any point patient starts to have a bad taste in their mouth then the patient has a food impaction and will need to use the irrigation syringe to clean out the site (see irrigation syringe instructions below).

### \*Eat foods like these during the first 4 days (96 hrs)\*

Smoothies (w/o seeds)

Mashed Potatoes very finely  
mashed such as (KFC style)

Instant Breakfast

Liquid Nutrition Drinks

Soup Broth

Cream Soups

Yogurt

Apple Sauce

Pudding

Jell-O

Popsicles

Ice Cream

- ◆ **Immediately following surgery, patient should keep gauze in place for 1.5 hrs then eat something cold and creamy and take 2 Extra Strength Tylenol tablets (1000mg total), wait 3 more hours then take 600-800 mg of Ibuprofen (Advil) then switch back to Tylenol and continue to stagger. It is not necessary to wake in the middle of the night to continue to stagger medication.**
- ◆ **Patient may begin applying ice packs to the cheek areas near the surgery site once the numbness starts to fade. It may take 4-18 hours for numbness to completely wear off.** Patient may use the ice packs for the next 48 hours, but only while awake. It's not beneficial to apply ice while the patient is still numb. From the third to fifth day after surgery, patient may apply heat to any swollen areas until the swelling reduces.
- ◆ **Start prescribed mouthrinse the day after surgery.** Rinse 2 times a day until mouthrinse is all gone. **When patient runs out of prescribed mouthrinse, they may switch to Listerine or its generic equivalent.**
- ◆ **No straws, No spitting. Use a spoon for eating for first 24 hours.**
- ◆ **Have patient read these instructions the day after surgery.**
- ◆ **Rest for the first 24-48 hours after surgery.** Patients who have sedation should refrain from driving an automobile or from engaging in any task that requires alertness for the first 24 hours after surgery.
- ◆ **Take antibiotics, if prescribed.**
- ◆ **Swelling, pain, and discomfort will peak on days 2, 3, and 4 and will plateau on day 5.** Day 1 is the day of surgery. After day 5, the extraction site(s) should slowly decrease in discomfort every 2 days. For example, day 7 should feel a little better than day 5, and day 9 should feel a little better than day 7, etc. Holes will slowly close over weeks or months.
- ◆ **Platelet Rich Fibrin (PRF) therapy:** If the patient received this treatment during surgery, they'll likely experience less discomfort and swelling for the first three days post-surgery. However, on the fourth day (considering the day of surgery as day 1), they might feel an increase in discomfort. This is because while the treatment (PRF) reduces pain for the initial three days compared to those who didn't receive it, by the fourth day, the pain levels equalize. So, the discomfort felt on day 4 is similar to what someone without the treatment would feel. Nevertheless, the PRF continues to aid in the healing process. **PRF also reduces the risk of dry socket from 1 in 10 to 1 in 100.**
- ◆ **Each extraction site is its own individual surgery site. Most patients have 4 wisdom teeth and have them removed in one visit. It is common for one lower site to be more uncomfortable than the other 3 sites during the healing process.**
- ◆ **Start brushing teeth the day after surgery** but avoid brushing the gum tissue of the two teeth directly in front of and/or behind an extraction site for the next 7 days. After this 7-day period, the patient can resume normal brushing.
- ◆ **Retainers** may be worn as usual starting 24 hrs after surgery as long as they stay off of the gum tissue on your cheek or lip side of patient's mouth near an extraction site. Retainers that extend into the gum tissue should be left out for 4 days (96 hrs).



## Post-Operative Instructions Following Dental Surgery (Continued)

- ◆ **INTENSE PHYSICAL ACTIVITY** may resume in 5-7 days.
- ◆ **NO SMOKING FOR 5-7 DAYS.** Smoking will cause delayed healing nearly 100% of the time.
- ◆ **Glue Stitch.** If patient feels a hard sharp substance with a purple color don't be alarmed. This is glue stitch which was used inbetween the teeth over the gum tissue after surgery. It will fall out on it's own.
- ◆ **Stitches.** If patient received stitches, they will fall out on their own as soon as 24 hours after surgery. It may take up to 14 days for the stitches to fall out.
- ◆ **Follow up.** Follow up appointments are not mandatory but some patients chose to return their dentist's office for a quick 5-7 day follow up. If healing process seems different than this form indicates, please visit [wisdompartnerdds.com](http://wisdompartnerdds.com) or don't hesitate to contact Dr. Foust via Email, Text, or Phone Call. [DrFoust@wisdompartnerDDS.com](mailto:DrFoust@wisdompartnerDDS.com), 832-600-6878.
- ◆ **Allergic Reaction to Medications.** If you believe allergic reactions to medications are occurring don't hesitate to contact Dr. Foust via Email, Text, or Phone Call. [DrFoust@wisdompartnerDDS.com](mailto:DrFoust@wisdompartnerDDS.com), 832-600-6878.
- ◆ **Contact** Dr. Foust if you are not improving week by week via Email, Text, or Phone Call. [DrFoust@wisdompartnerDDS.com](mailto:DrFoust@wisdompartnerDDS.com), 832-600-6878. **BLEEDING AFTER IRRIGATION IS NORMAL** for the next several days, when you begin irrigation on day 4 after surgery. Contact the office if you experience COVID-19 symptoms within 14 days after dental appointment:

### \*Irrigation Syringe Instructions\*

**Important: START using IRRIGATION SYRINGE on day 4 (96 hrs).** If patient believes they already have food stuck before day 4, they can start using the irrigation syringe as soon as Day 3 (72 hrs). Fill up irrigation syringe with warm water. Curved tip of syringe **MUST** go in at least 1/3 of the way into the incision or hole left behind where the tooth was once positioned. If pain has been tolerable but then suddenly begins to worsen, in an overwhelming majority of cases, this means that there is impacted food in the extraction site(s). Use enough force with irrigation syringe and place tip of syringe in the extraction site in order to increase the chance of removing food. For patients who have had wisdom teeth removed, the incision or hole will be located behind the back remaining tooth in each corner of the mouth situated between the tooth and the cheek. Solution from irrigation syringe should be pushed into the incision site with enough force to empty the syringe within 5-7 seconds. It may help to take Tylenol or Advil with food 30- 40 minutes before irrigating. COMPLETE 2 SESSIONS PER DAY (one session in the afternoon/one session in the evening before bed, Express 7-8 syringes full of water in each site for the next several weeks until incisions or holes stop collecting food. The larger the hole after surgery, the longer it will take to close, but patient will see a noticeable difference in healing week by week and MONTH BY MONTH.

### PAIN MEDICATION

- ◆ Patient will need to purchase over the counter Extra Strength Tylenol.
- ◆ Patient will receive a written prescription for Ibuprofen.

Begin taking the pain medication 1.5 hours after surgery. Start with 2 Extra Strength Tylenol and wait three hours. Afterward, take either 1 prescribed Ibuprofen 600mg or, alternatively, 3 over-the-counter Advil tablets. Wait another three hours and continue this cycle as required or until the discomfort diminishes. **ALTERNATIVELY** , instead of staggering patient may take Ibuprofen and the Tylenol at the same time every 8 hrs. If there isn't consistent improvement week by week, please reach out to Dr. Foust.

**TYLENOL (also known as Acetaminophen) & IBUPROFEN (also known as Advil)**

