



POST OPERATIVE INSTRUCTIONS

1. **If you have received IV sedation, a responsible adult must accompany you from the facility to home, and remain with you until the next morning. You should not drive for 24 hours.**
2. **GET PRESCRIPTIONS FILLED.**
3. **REMOVE GAUZE and GET SOMETHING SOFT TO EAT** (for examples see section on [soft diet](#))
4. **TAKE MEDICATIONS AS DIRECTED.** Make sure to eat **before** starting medications to prevent nausea. Please wait 30-45 minutes after eating before taking medications. Avoid alcoholic beverages. If an anti-inflammatory medication was not given, you can take Motrin or Ibuprofen 200mg, 3 tablets 3 times a day.
5. **REPLACE GAUZE AS DIRECTED BELOW :**
 - Place **MOISTENED GAUZE PAD OVER THE EXTRACTION SITE(S)**, (for wisdom teeth it **MUST be placed past the last remaining teeth**) and **BITE DOWN AND MAINTAIN CONSTANT PRESSURE FOR 30-45 MINUTES.** (teeth should be able to barely touch) After 30- 45 minutes, remove the gauze pads and evaluate amount of bleeding. Gauze does not stop bleeding, direct pressure to the wound does.
 - **FOR MINIMAL BLEEDING** (quarter size spots)- Do not replace gauze
 - **FOR MODERATE OR CONSTANT BLEEDING- PLACE NEW GAUZE PAD OVER THE EXTRACTION SITE(S), BITE DOWN AND MAINTAIN CONSTANT PRESSURE FOR 30-45 MINUTES with teeth barely touching.** Remove the gauze pads and evaluate amount of bleeding.
 - Repeat gauze and pressure process again for at least 45 minutes as needed. You can expect to have some oozing of blood from the extraction sites throughout the first 24 hours, but it should not be constant bright red bleeding. You cannot bite down while sleeping. If bleeding continues past first couple hours, stay awake to hold effective pressure.
 - **IF YOU RUN OUT OF GAUZE, YOU CAN USE A WET TEA BAG MOISTENED WITH COLD WATER AND REPEAT PRESSURE PROCESS AGAIN. IF YOU FEEL BLEEDING IS EXCESSIVE, PLEASE CALL OUR OFFICE.**
6. You may have dissolvable sutures in place. If these were to come out today, that is Okay, we would not have to replace them. We do encourage you not to disturb them so that they will help slow bleeding.
7. Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
8. **DRINK FLUIDS:** You should prevent dehydration by taking fluids regularly. At least 5-6 glasses of liquid should be taken daily. If you suddenly sit up or stand from a lying position you may become dizzy. If you are lying down following surgery, make sure you sit for one minute before standing. It is normal to
9. **BRUISING** is bleeding under the skin and may appear as blue or black discoloration which then fades to brown, green, and yellow. Swelling and bruising will tend to move down into the neck and sometimes even to the chest, due to gravity over time. This is normal and requires no treatment, **unless swallowing or breathing are impaired.**

10. SWELLING. Swelling is often associated with oral surgery. **Keep your head elevated while resting or sleeping for 3-5 days after surgery** to minimize swelling. Swelling may be worse on your third day after surgery. **Also, try using a cold pack, ice bag, or a bag of frozen peas wrapped in a towel** and applied firmly to the cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 24 hours after surgery. If you have swelling or jaw stiffness after the first 24 hours you can apply moist heat or a heating pad several times throughout the day. If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

11. FOR THE NEXT 3-5 DAYS:

- **DO NOT USE STRAWS**
- **DO NOT EAT OR DRINK ANYTHING HOT**
- **DO NOT EXPECTORATE (SPIT OUT).** This will cause bleeding to continue as well as dislodge the clot in the extraction site(s) which is known as a **“DRY SOCKET”**.
- **SOFT DIET ONLY.** Examples: Jell-O, pudding, yogurt, ice cream, applesauce, oatmeal, cream of wheat, eggs or creamed potatoes. Anything normally served hot should be allowed to cool to room temperature before eating.

Gradually return to a normal diet as tolerated unless otherwise directed. If a food is causing discomfort when eating or the jaws become achy after eating, don't try to continue to eat foods of that consistency. Return to softer non-chewy foods for at least a day. If it hurts at lunch it will hurt at dinner. A simple rule of thumb: if it hurts when you eat that, don't eat that.

- **DO NOT SMOKE**

FOR THE NEXT 5 WEEKS:

- **NO CHIPS, POPCORN, OR PEANUTS (can get lodged in socket)**

12. IF YOU WERE GIVEN A SYRINGE, START USING YOUR SYRINGE 3 DAYS AFTER SURGERY. Fill the syringe with warm water and irrigate by placing the tip of the syringe in the open lower sockets and flushing *gently*, especially after eating. **Be sure to ask for a demonstration if you are unsure how to perform this.** Resume normal hygiene as soon as you can comfortably do so.

- **Your surgery was on _____ . Start syringe on _____ .**

13. Post Operative expectations: it is normal to expect slight numbness that should be temporary. Lips can be dried or cracked and this can be treated with ointment such as Vaseline. Sore throat and pain with swallowing are not uncommon and should subside in 2-3 days. Occasionally, patients may feel hard projections in the mouth with their tongue. This is not the roots of the tooth; it is simply the bony walls which supported your tooth. These projections usually smooth out by themselves. Stiffness of the jaw muscles may cause difficulty opening the mouth; please contact the office if you notice this is prolonged.

14. OFFICE CALLS

During regular office hours (8 AM to 5 PM Monday through Thursday and 8 AM to 12 PM on Friday) there will be staff members available to answer problems and questions at 458-9800 or 864-442-6564.

- If necessary, your phone message and chart will be given to Dr. Williams to address any further questions or concerns. Please be sure to provide a phone number where you can be reached in the evening.
- Prescription refills will **only** be called in during regular business hours, as your records need to be available for Dr. Williams.
- **Dr. Williams will not be able to refill a controlled substance prescription after office hours.**
- After hours, or on days the office is closed, Dr. Williams can be paged through our answering service for **urgent or emergency calls only**. If your call is not returned within 30 minutes, please contact the answering service again. Please remember Dr. Williams may be handling emergencies.