

**DAVID K. HIRANAKA MD, DMD, INC.**  
**WISDOM TOOTH POST-OPERATIVE INSTRUCTIONS**

\*\*\*PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY\*\*\*

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, if you have a question, follow these guidelines or call our office for clarification.

**DAY OF SURGERY**

**FIRST HOUR:** Bite down gently but firmly on the gauze packs that have been placed over the surgical areas, making sure they remain in place. Do not change them for the first hour unless the bleeding is not controlled. The packs may be gently removed after one hour. If active bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30 minutes. The gauze may then be changed as necessary (typically every 30 to 45 minutes). It is best to moisten the gauze with tap water and loosely fluff for more comfortable positioning.

**EXERCISE CARE:** Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with any objects. You may brush your teeth gently. PLEASE DO NOT SMOKE for at least 48 hours, since this is very detrimental to healing and may cause a dry socket.

**OOZING:** Intermittent bleeding or oozing overnight is normal. Bleeding may be controlled by placing fresh gauze over the areas and biting on the gauze for 30-45 minutes at a time.

**PERSISTENT BLEEDING:** Bleeding should never be severe. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy, you may substitute a tea bag (soaked in very hot water, squeezed damp-dry and wrapped in a moist gauze) for 20 or 30 minutes. If bleeding remains uncontrolled, please call our office.

**SWELLING:** Swelling is often associated with oral surgery. It can be minimized by using a cold pack, ice bag or a bag of frozen vegetables (such as 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 been prescribed medicine for the control of swelling, be sure to take it as directed.

**Pain Medications-** The best initial pain medication is **Ibuprofen** because it has anti-inflammatory properties (reduces swelling) as well as decreasing pain. Depending on the nature of your surgery you may be given the following prescription(s):

**Ibuprofen** (Motrin, Advil) may be taken (with food) every 6 hours as needed. Stop taking this if you begin to feel any discomfort in your stomach.

**Acetaminophen** (Tylenol) is an alternative non-narcotic pain medication which can be taken with ibuprofen. Do not take if you have any liver problems.

**For Initial Pain Relief after surgery we recommend the following combination: Ibuprofen 600 followed 3 hours later by Tylenol 325 mg. These two medications are then alternated every 3 hours up to a total of four doses of each medication in a 24 hour period. If this does not resolve your pain add the narcotic pain medication prescribed below.**

**Narcotic Pain medication** (Percocet, Norco, vicoprofen etc.) if necessary take one tablet if the Ibuprofen/Tylenol combination is not working. Additional tablets may be taken one every 4-6 hours as needed for pain. CAUTION: do not drive or operate machinery while taking pain medications.

**NAUSEA:** Nausea is not uncommon after surgery. Sometimes pain medications are the cause. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better. Classic Coca Cola may help with nausea.

**DIET:** Eat any nourishing food that can be eaten with comfort. Avoid extremely hot foods. Do not use a straw for the first few days after surgery. It is sometimes advisable, but not absolutely required, to confine the first days intake to liquids or pureed foods (soups, puddings, yogurt, milk shakes, etc.). It is best to avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the socket areas. Over the next several days you may gradually progress to solid foods. It is important not to skip meals! If you take nourishment regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

**SHARP EDGES:** If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

#### INSTRUCTIONS FOR THE SECOND AND THIRD DAYS

**MOUTH RINSES:** Keeping your mouth clean after surgery is essential. Use ¼ teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two or three times daily.

**BRUSHING:** Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but please make every effort to clean your teeth within the bounds of comfort.

**HOT APPLICATIONS:** You may apply warm compresses to the skin over the areas of swelling (hot water bottle, hot moist towels, heating pad) for 20 minutes on and 20 minutes off to help soothe tender areas. This will also help decrease swelling and stiffness.

**HEALING:** Normal healing after tooth extraction should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you don't see continued improvement, please call our office. If you are given a plastic irrigating syringe, DO NOT use it for the first five days. Then use it daily according to the instructions until you are certain the tooth socket has closed completely and that there is no chance of any food particles lodging in the socket.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office 808-326-2040. After hours Dr Hiranaka can be reached at 808-322-0202.