



DAY 1 - 3

1. Pick up the prescriptions on your way home or as soon as possible. Take the tablets with food. Take medications on schedule for the first 3 days and document times and doses on the schedule provided.
2. Rest at home after surgery with the expectation of needing several days off work or school and free from exercise.
3. Bite on gauze firmly for about 2 hours. The main bleeding will usually last 1-4 hours, but don't be alarmed if oozing continues. You can expect slight oozing for up to 24 - 48 hours after surgery. When resting, keep your head slightly elevated using two pillows. Lying down flat or trying to get up too soon will cause more bleeding, swelling and light-headedness.
4. Swelling is common and will increase up to 48 hours after the procedure. Apply ice packs / frozen peas externally to areas of surgery in 30 minute intervals for the first 48 hours following surgery. Restricted jaw opening usually requires 7-14 days to return to normal.
6. Do not rinse the mouth for 24 hours. After 24 hours you may start rinsing. Use the Savacol provided in the morning and before bed. All other times use salt-water rinses (1 teaspoon salt to 1 cup of water). Use lukewarm water. Rinse after every meal until healing is complete. **DO NOT SWISH!** Fill your mouth with water and turn your head from side to side. Allow the water to fall into the sink – do not spit aggressively. Do your best to brush your teeth. It will be uncomfortable for about one week. If you must rinse during the first 24 hours, please do so gently and rarely.
7. For 48 hours following surgery, A LIQUID DIET IS BEST- drink lots of fluids. Focus on eating foods that do not require chewing and do not use a straw. After day 1, be sure to rinse gently after each meal (as directed in #6). Gradually return to a normal diet by day seven. Hard foods like nuts, seeds or raw vegetables will pack into the tooth socket and under the gums causing pain and infection.

Examples of Foods to eat during the first 48 hours after surgery:

- Smoothies (without seeds)
- Mashed potatoes
- Liquid nutrition drinks
- Scrambled eggs
- Jelly Ice-cream
- Soups
- Custard

DAY 3 ONWARDS

Take pain medication as required, it is normal to be taking Ibuprofen and Panadol for 14 days after the procedure. Continue to take the Antibiotic as prescribed for 7 days.

Your stitches will dissolve and fall out or disintegrate on their own over the next few weeks. If they come out sooner, this is fine. Please don't worry. If they are still in place and annoying you after three weeks, please call our office for a suture removal appointment.

Use the plastic monojet syringe provided after day 7 to gently irrigate and clean out the lower extraction sockets ONLY. Draw up the same salt water solution you were using for the mouth rinses. Repeat after each meal. Continue until holes have closed.

Pain, swelling or a raised temperature may indicate infection. The risk of infection increased with poor food choices and smoking. It usually presents day 4-5 post surgery.

Call Dr McNamara on 0420 810 123 if this occurs.

SOLUTIONS FOR COMMON PROBLEMS FOLLOWING SURGERY

In case of extreme pain, uncontrollable bleeding, or any unusual disturbances, please call or text Dr McNamara on 0420 810 123. However, some of the most common postoperative problems can be easily dealt with at home.

Bleeding will not stop

Repeat step #3. Be sure that gauze, towels, or something BOTH thick and absorbent is placed over the surgical site and bite down with firm pressure. Maintain for at least 10 -15 minutes, do not check before 10-15 minutes. A washrag soaked in ice water and rung out can be very effective.

Uncontrolled pain

Wisdom Tooth Removal is a complex surgery involving skin, muscle, bone and nerves. Postoperative pain and discomfort are normal and part of recovery. Here are some suggestions for relieving pain. Your pain medication will help relieve postoperative pain. Use it as directed. Please take your pain medications as indicated and get plenty of rest. Use the provided schedule to make sure you take your medications on time. If you sleep for an extended period – catch -up on the medication you have missed upon waking. During the first three days after surgery, ice packs placed on the cheeks can help with post-op pain.

Vomiting

Unfortunately, vomiting can be a side effect of oral surgery, General Anaesthesia and post-operative pain medication. However, it does very little to harm the surgical site. Vomiting will normally cause the sockets to begin to bleed. Gently rinse your mouth with Savacol mouth rinse and place gauze packs over surgical sites and bite down.

Dry Socket

Dry Socket is a common problem following wisdom teeth removal. Although it can happen with any tooth extraction, it is commonly seen after removal of lower wisdom teeth. The problem arises because the normal blood clot that first forms in the extraction socket is subsequently lost, leaving the socket empty or "dry."

Exposed nerve endings inside the socket can cause pain felt in the jaws, the adjacent teeth, the ear (earache), and/or the temple (headache).

To avoid dry socket, please remember the following:

- NO SMOKING FOR 5-7 DAYS. Smoking will cause dry socket nearly 100% of the time.
- LIQUID DIET. Please follow the recommendation given in #7 on the other side of this page.
- TAKE PAIN MEDICATION AS INDICATED.
- NO INTENSE PHYSICAL ACTIVITY FOR 5-7 DAYS.

Pain that increases three days after tooth extraction and that typically becomes severe, unrelenting and nonresponsive to Ibuprofen and Paracetamol is the best sign of dry socket. If you experience this type of pain, call or text Dr McNamara on 0420 810 123.

Infection or swelling after 7 days

Swelling or pain around the extraction site that begins between 10 days after surgery and 12 months after surgery is not uncommon. Call Dr McNamara on 0420 810 123 immediately if swelling, pus or pain returns at any time in the next 12 months. Treatment will be completed in our office at no additional charge to you.

INSTRUCTIONS FOR TAKING MEDICATIONS AFTER SURGERY

PAIN MEDICATION - Ibuprofen 400mg / Panadine Forte (450mg Paracetamol + 10gm Codeine)

- You will receive a written prescription for Ibuprofen 400mg & Panadine Forte
- We advise that you alternate these medications every 3 hours.
- You can take 8 tablets of Panadine forte and 3 tablets of Ibuprofen in a 24 hour period.
- Pain control from these medications is more dependent on how often you take the medications than on the amount or dose that you consume at one time.
- It is not uncommon to be taking some pain medication for up to 15 days following surgery
- Most patients WILL NOT REQUIRE anything stronger than what has been prescribed but if your pain is not controlled and you have been following the correct scheduling call Dr McNamara on 0420 810 123 and he can fax a script to your local pharmacy.
- Narcotic pain medication such as codeine may cause nausea, vomiting, drowsiness, dizziness, itching and constipation. If these effects occur, discontinue the medication and take Panadol instead.

ANTIBIOTICS

Begin taking the antibiotic the morning after the surgery. Take your antibiotics as indicated on the packet for the next 7 days. Do not stop taking pills until all antibiotics are gone.