

Medications



Pain relief:

- Ibuprofen 200 mg:** take 3 tablets every six hours for at least 3-5 days to reduce pain & swelling.
- Tylenol Extra Strength (Acetaminophen) 500 mg:** take 2 tablets every six hours to reduce pain.
- Tylenol #3 with codeine 300/30 mg:** take 1-2 tablets every six hours to reduce pain.
- Oxycodone 5 mg:** to reduce severe pain, take 1-2 tablets in addition to your other medications.

Antibacterial mouth rinse:

- PerioGard Mouth rinse:** use for 30 seconds in the morning and night for the first 5 days of healing. Do NOT swish.

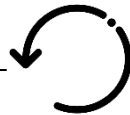
Sinus medications:

- Oxymetazoline (Afrin) Nasal Spray:** 1-2 sprays in each nostril twice daily only if you have a stuffy nose. Do NOT use for more than three days in a row.
- Pseudoephedrine 25 mg:** to reduce sinus congestion, take 1-2 tabs every six hours.

Steroid:

- Medrol Dose Pak:** use as directed on package.

Follow Up



- Please return to the clinic if you experience excessive pain even after taking your prescribed pain medications, numbness or tingling 24 hours after surgery, bleeding from the nose, infection, or fever.



SANDERS & SOULT
FAMILY DENTISTRY

Post-Surgical Instructions for Wisdom Teeth

Questions?

(303) 337-2794

Your dentist: Dr. Soult

Bleeding



- After surgery, your saliva may turn pink or red temporarily. This is not unusual or a major concern.
- If bleeding occurs, it may be stopped by applying gauze, or a tea bag, with firm finger or biting pressure for 30 minutes on the gums.
- Excessive bleeding that cannot be stopped with pressure needs to be addressed in the dental office or emergency room.

Pain & Swelling



- To reduce pain, use your prescribed pain medications.
- Slight pain and swelling are not unusual and will peak three to four days after your surgery. In addition, you may experience bruising on your face or neck.
- For swelling, an ice pack may be used. Gently place the ice pack on the area for 15 minutes 3-5 times daily.
- Large facial swelling should be reported to Dr. Soutl or the emergency room.

Sutures



- Stitches may fall out on their own or become loose.
- Do not disturb or remove sutures, this may impair healing and lead to an unsuccessful outcome. They will be removed at your follow up appointment.

Physical Activity



- To prevent bleeding, avoid vigorous physical activity during the first five days of recovery.

Smoking



- You should refrain from smoking for at least 2-3 weeks. Smoking decreases successful outcomes.

Diet



- Begin with a soft diet - soup, ice cream, mashed potatoes, Ensure, yogurt, etc.
- For 2 weeks, avoid chewing foods in the surgical area, & food with small seeds/particles- berries or broccoli.
- Drink plenty of liquids to stay hydrated.
- Eat as normal of a diet as your comfort allows you.
- Do not eat hot food, as this will increase swelling.

Oral Hygiene



- Do NOT brush or floss in the surgical area until instructed to do so at your follow up appointment.
- Continue to brush and floss the teeth NOT involved in the surgical sites.
- Use only the prescribed antibacterial mouthwash (PerioGard) to keep the surgical site clean. Do not swish, as this could disturb the site.

Sinus Precautions



- If Dr. Soutl specifically gave you sinus precautions, do NOT blow your nose for 3 weeks.
- If you have to sneeze, keep your mouth open.



- ✓ Ibuprofen, Tylenol (acetaminophen) and Oxycodone are all safe to take together, as prescribed.
- ✓ Do NOT take more than the recommended number of tablets or reduce the time between doses, it will NOT give more pain relief and is harmful to your body.
- ✓ Set and label timers on your phone for each medication.
- ✓ Getting quality, uninterrupted rest has many health benefits, including improved healing!