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AFTER WISDOM TOOTH REMOVAL

Bleeding

Apply pressure to stop the bleeding by placing the gauze directly over the extraction site. To keep the pressure that is needed to control the bleeding, you should not talk. Carefully remove and place new gauze pads every 20 to 30 minutes as bleeding continues. The assistant will show you how to change the gauze. When changing the gauze, observe the area for bleeding. If it is still bleeding, place new gauze. If it is just seepage, you may leave the gauze out. Use your judgment in deciding if you need more changes. If heavy bleeding persists, make a strong tea and then dip the gauze in the tea. Place the tea-soaked gauze over the extraction site for 30 minutes. It is very important to apply as much pressure as possible when biting on the gauze. Use more gauze if necessary to achieve this. You can not eat, drink, or sleep with gauze in your mouth.

Swelling

Apply ice packs to your face for the first 48 hours to reduce swelling. The ice packs should be used at 20 minute intervals (20 minutes on and 20 minutes off). When warranted, a Cool Jaw[®] compression wrap and two blue gel packs will be provided. The assistant will show you how to place the gel packs. It is not necessary to wear the compression wrap overnight while sleeping.

Care

After surgery on the day of surgery, do not brush your teeth, do not rinse your mouth or spit, do not smoke, and do not use a straw. If you do any of the above, you may loosen the blood clot. Remember, if you have a good clot, you have good healing.

The day after surgery, you may start brushing your teeth gently away from the surgical site. Start using warm salty water in that area. Hold the water in that area, do not swish around, being careful not to disturb the blood clot. Continue with warm salty water three or four times a day for five to seven days. This will help to bring more circulation to the area, promoting faster healing. If you wear orthodontic retainers, you may resume using them when mouth opening allows. This is usually within the first postoperative week.

Activity

If you lie down, please keep your head elevated. Get as much rest as possible. Avoid any exercise or strenuous activity for at least 48 hours following your surgery. After that time, physical activity will depend on how you feel.

Medications

For any pain after surgery, for **adults** we suggest starting with 600mg of Ibuprofen (Advil[®], Motrin[®]) *plus* 500mg of Acetaminophen (Tylenol[®] extra strength) taken together every 4–6 hours as needed. For **adults weighing under 100 lbs.**, the dosage of Tylenol[®] extra strength should be adjusted to 5mg/lb.--For example: A 90-lb. adult should take no more than 450mg of Tylenol[®] (5mg x 90-lbs.=450mg) every 4-6 hours, and less depending on weight. For Advil[®], the suggested dose under 100 lbs. is 200-400mg every 4-6 hours. For **children under the age of 12**, we suggest starting with Children's Ibuprofen (Children's Advil[®], Children's Motrin[®]) *plus* Children's Acetaminophen (Children's Tylenol[®]) taken as directed on the packaging every 4-6 hours as needed. This combination is all that may be necessary to relieve pain. If Dr. Moriconi prescribes a narcotic pain medicine, it is important to follow the instructions on the label for taking it, and generally not on an empty stomach. If antibiotics are prescribed, it is very important to finish the entire course of treatment even if pain and/or swelling are gone.

Diet

After surgery, we suggest you start enjoying a soft diet. Some choices may include: oatmeal, cream of wheat, applesauce, yogurt, Jell-O, pudding, cream soups, mashed potatoes, broths, eggs, or foods that allow you to swallow without chewing. **Do not eat, drink, or sleep with gauze in your mouth.** Drink plenty of fluids. It is very important for you not to chew any hard or crunchy foods, such as popcorn, potato chips, pretzels, carrots, or steak. Also avoid foods with seeds. Gradually resume your normal diet as your jaw function allows.

Sutures

At times, sutures are placed in the area of surgery to minimize post-operative bleeding and to help healing. Normally, dissolvable sutures are placed, but some may still be present at your follow-up appointment. If this is the case, Dr. Moriconi may elect to remove them for better oral hygiene.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you. If you have questions about progress, call the office at 215-884-8263. If you need to speak with a doctor and the office is closed, follow the instructions that will be provided on the recording. If you have an emergency and the office is closed, call 911 or proceed to the nearest hospital emergency room.