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**Post Operative Care—Wisdom teeth**

1. Your patient will be in surgery for 45 minutes to 1 hour. **REMEMBER: WE ASK THAT YOU DO NOT LEAVE! ALSO, WE ASK THAT THE DRIVER NOT LEAVE! PLEASE NOTE THAT THE PATIENT WILL NOT BE ABLE TO DRIVE HIMSELF/HERSELF HOME AFTER THE ANESTHESIA.**
2. When you see the patient he/she will have gauze hanging out of their mouth. Encourage him/her to bite tightly on the gauze for at least 30 minutes (to stop the bleeding).
3. Sometimes the anesthesia will cause young girls to be tearful. Don't let this alarm you if it occurs.
4. When you get him/her home, gently slip the gauze out of the mouth and give him/her 2 to 4 oz. of any of the following: Pudding, yogurt, ice cream, applesauce, Jell-o, broth, or milkshake.
5. Give your patient **one (1)** of the prescribed pain pills. **Make sure the pill has been swallowed (take a flashlight and look).** His/her throat may still be numb and you may not be able to tell if the pill has gone down.
6. After swallowing the pill, look at the socket sites. If they are oozing **a little bit**, you do not have to replace the gauze. If they are bleeding heavily (having to catch the blood with a towel), take the extra gauze and dampen it, fold it a few times, and put it directly over the socket sites. If you run out of gauze, you may use a wet washcloth or tea bags. **PRESSURE HAS TO BE APPLIED TO THE SOCKET SITES.**
7. To help control swelling, apply ice packs to the sides of the face. Continue the ice packs until tomorrow. **REMEMBER THIS:** The ice packs should be applied 30 minutes on the face and 30 minutes off of the face. **Do not leave the ice packs on longer than 30 minutes—you could cause frostbite.** **NOTE:** Swelling after surgery is normal. The swelling should begin to go down in 48 to 72 hours.
8. Once you have applied the ice packs, then your patient is ready to lie down. **Elevate the head on a couple of pillows. Allow him/her rest until it is time to give another pill.**
9. Keep in mind that your patient's stomach is empty so you need to give him/her something to eat again before you give the next pain pill. It should be easier now because the mouth will no longer be numb.
10. **Remember: (1) No sipping through a straw. (2) No carbonated drinks (like cokes, etc). (3) No smoking. (4) No driving while on pain medication. (5) No bending, stooping, or lifting anything heavy.**
11. Your patient has had oral surgery and there is going to be discomfort, swelling, and tightness of the jaws. Two days after the surgery, if he/she is experiencing this, give him/her some gum to chew to work out the soreness of the jaws.
12. The next day, he/she may eat foods like cream of wheat, scrambled eggs, oats, baked potatoes, green beans, carrots, noodles, or soft foods. The jaws will still be a little sore when chewing.

*Post Operative Care—wisdom teeth (Continued)*

13. If nausea or vomiting develops, stop all medication and call Dr. Peeples. He will probably call in a prescription for a suppository, which will settle the stomach. **Have your pharmacy telephone number ready to give us when you call.**
14. Bruising and/or swelling may develop.
15. If you need to call the office, our hours are from 9:00 a.m. to 5:00 p.m. Monday thru Thursday; and 8:00 a.m. to 3:00 p.m. on Friday. If you receive a recording, please leave your name and telephone number. **Repeat it twice so that we can understand what you are saying.** If you feel you will need a prescription, **have your pharmacy number available.** If you call after 5:00 p.m., Dr. Peeples will return your call. If it is after 10:00 p.m. and you feel that it is an emergency, Dr. Peeples lives in Hendersonville and is listed in the phone book.
16. After 24 hours, you may brush your teeth. Remember to avoid the surgical areas.
17. A warm salt-water rinse can be used ***after*** the first 24 hours. Dissolve one level teaspoon of salt in an 8-oz. glass of water. Use the salt-water rinses after meals until healed.