

## Healthy Smile Tips

- Avoid brushing surgical area, use the ultra-soft toothbrush.
- Clean between your teeth once a day.
- Eat a healthy soft diet and limit snacks.
- Visit the dentist at your appointment.

For more information about taking care of your mouth and teeth, visit the hospital's website,



[www.dentalhospitalbangkok.com](http://www.dentalhospitalbangkok.com)

DENTAL TREATMENT

# Wisdom Tooth Removal:

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## Post-Operative Instructions



DENTAL HOSPITAL  
SUKHUMVIT 77 BANGKOK

## A Few Simple Guidelines

Wisdom teeth get their name because they are the last teeth to come in, around the time of young adulthood to the age when a person gains maturity and wisdom. Most permanent (adult) teeth come in by age 13. A few years later, between ages 17-21, your wisdom teeth usually push their way through your gums. But sometimes wisdom teeth do not have enough room to come in or are in the wrong position. These wisdom teeth are called "Impacted" and may have to be removed.

### Anesthetics

The most common types of anesthesia used in the hospital:

- **Local Anesthesia:** Almost all surgery can be performed painlessly with local anesthesia. This anesthetic is often used with other types of sedation.
- **Nitrous Oxide Sedation:** A mixture of nitrous oxide (laughing gas) and oxygen is administered through a nasal breathing apparatus. The patient remains conscious in a relaxed condition.
- **Intravenous Sedation:** The IV sedation is administered directly into a vein and puts you in a state of deep relaxation. You may not remember much or anything once the medication wears off.

## Immediately Following Surgery

The removal of impacted teeth is a serious surgical procedure. Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.

- The gauze pack placed over the surgical area should be kept in place for 45 to 60 minutes. After this time, the gauze pack should be removed and discarded.
- Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged. The result is called dry socket, this can be very painful.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic becoming diminished.
- Restrict your activities the day of surgery resume normal activity when you feel comfortable.
- Place ice packs on the side of your face where surgery was performed. Keep it on for 20 minutes, then off for 10 minutes and repeat until you go to sleep. Start again the next day. On the third day, change to moist heat instead of ice packs. This will bring the swelling down quicker.



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## Other Complications

As with all surgery, there are possible risks associated with removing wisdom tooth. These include problems like infection, delayed healing, nerve damage, oroantral fistula, which can cause problems such as pain, sinusitis, and numbness in the tongue, lower lip, chin, teeth and gums. This is usually temporary, but it can be permanent in some cases.

- If numbness of the lip, chin, or tongue occurs there is no cause for alarm. As stated before surgery, this is usually temporary in nature.
- In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues.
- Occasionally, patients may feel hard projections in the mouth with their tongue. They are the bony walls that supported the tooth.
- Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth. Warm, moist heat may help.
- Sometimes the blood clot does not form in the first day or two after wisdom tooth removal, or it forms but breaks down. The result is called dry socket. This can be very painful and should be reported to the dentist.

**PLEASE  
CALL THE  
HOSPITAL**

## Bleeding

A certain amount of bleeding is to be expected following surgery. The dentist places a gauze pack on the surgical area to limit bleeding. This will also help a blood clot to form, which is necessary for normal healing. This gauze pack should be left in place for 45 to 60 minutes after you leave the hospital. Slight bleeding, oozing, or redness in the saliva is not uncommon for the first 12-24 hours. Excessive bleeding may be controlled by placing a new gauze pack and biting firmly over the surgical area for an additional hour. Repeat if necessary.

Sutures are placed in the area of surgery to minimize post-operative bleeding and to help healing. The sutures will dissolve or be removed approximately one week after surgery. In some cases, stitches take only several days to dissolve, whereas in other cases it may take up to a few months.

## Swelling

Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. Swelling and mild bruising is normally expected and is usually proportional to the surgery involved. Many times, the swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs. A bag filled with ice, or ice packs should be applied to the sides of the face where surgery was performed. The ice packs should be left on continuously while you are awake.

## Pain

For severe pain, take the prescribed pain medication tablets as directed before you begin to feel discomfort. The prescribed pain medicine might make you feel groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. Pain or discomfort following surgery is usually at its worst 24-48 hours after surgery, after that it should subside more and more every day. If pain persists or worsens, it may require attention and you should contact the hospital for further instruction.

## Diet

After IV sedation or general anesthesia, liquids should be initially taken. Drink from a glass and do not use a straw, as the sucking motion can cause more bleeding by dislodging the blood clot. You may eat anything soft by chewing away from the surgical sites. Your food intake will be limited for the first few days. You should compensate for this by increasing your fluid intake. At least 5-6 glasses of liquid should be taken daily.

**AFTER THE EXTRACTION, DRINK LOTS OF LIQUID AND EAT SOFT, NUTRITIOUS FOODS. AVOID HOT LIQUIDS AND ALCOHOLIC BEVERAGES.**

## Discoloration

As mentioned earlier some discoloration (bruising) is common. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively. Bruising can take 14 days to resolve. Avoid sun exposure until the discoloration has resolved.

## Nausea and Vomiting

Nausea and vomiting are common side effect of IV sedation, general anesthesia, and many narcotic oral pain medications. In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour, including the prescribed pain medicine.

