



Home Care Instructions after Wisdom Teeth Extraction (Telephone Follow-Up)

After Discharge from Oral Surgery

- Bite on gauze for 20 minutes after surgery. Expect some oozing of blood-stained saliva throughout today and tonight. If there is blood flowing from a socket or surgical site, or if blood clots develop in the mouth, bite on gauze square for 20 minutes. If this does not stop bleeding, please call The Children's Hospital Page Operator (617) 355-6369 and ask to speak to the plastic/oral surgery resident on call.
- Keep your head elevated, propped up on 2 or 3 pillows; this will help minimize the swelling and bleeding.
- Crushed ice in a plastic bag wrapped in a towel can be used on the face 20 minutes on and 20 minutes off for the first 24-48 hours after surgery.
- Children are prone to bite a numb lip or tongue; watch carefully for this until the numbness wears off.
- Do not rinse the mouth vigorously the day of surgery. This could cause bleeding. On the day after surgery, start rinsing with plain warm water every 2 to 4 hours while awake, especially after meals. If you prefer, you may use saline (add ½ teaspoon of salt to 8 oz of water).

Pain Management and Medications

- Refer to the Summary List Sheet for specific doses and times of when medications are due.
- If you have had impacted teeth (teeth below the gumline) removed, expect swelling to increase for 48 hours before it starts to decrease. Discomfort may also be present for 48 hours before it starts to improve. There may also be some black and blue on the face and neck.

- "Dry socket" is an extraction socket where a blood clot has dissolved prematurely and the socket becomes painful. Typically, the pain increases on the 4th or 5th day after surgery. If dry socket occurs, the socket requires a gauze "pack" to be done by the doctor. If pain increases in this manner, please call the Children's Hospital Page Operator (617) 355-6369 and ask to speak to the plastic/oral surgery resident.
- Do not use straws for 3 to 4 days after surgery.

Activity

- Avoid vigorous activity with bending or heavy lifting for at least 48 to 72 hours after your surgery.

Nutrition

- You may eat and drink upon arrival at home, as soon as you are comfortable and the anesthesia is wearing off.
- Avoid spicy, sticky, hard, crunchy and hot foods for 2 to 3 days after surgery because these foods can cause discomfort.
- Some suggestions for foods include: milkshakes, yogurt, ice cream, juices, macaroni and cheese, mashed potatoes, beans and pasta.
- *If you were discharged with Clindamycin antibiotic, please add yogurt containing live and active cultures, such as Activia, Yoplait, or Stonyfield Farms.*

Family Education Sheet • Home Care Instructions after *Home Care Instructions after*

Oral Care

- Start careful but thorough tooth brushing the day after surgery. You may use toothpaste. Do not rinse the mouth vigorously the day of surgery. This could cause bleeding.
- If you have been given a prescription for Peridex®, begin using that the day after your surgery. Rinse your mouth thoroughly with Peridex® then spit out. Use twice a day: morning and evening.

When to Call the Doctor

- **After 2 to 3 days, decreased swelling, decreased pain and a better feeling overall should be noticed.** If fever, drainage, redness, increased swelling, increased pain or a persistent bad taste in the mouth is noticed, call your doctor. These are possible signs of infection.
- **If you have a question or nonurgent concern, call the Nursing Line at (617) 355-4513.**
- **After 5 pm on weekdays and on weekends and holidays, call the Children's Hospital Page Operator at (617) 355-6369 and ask for the Plastic/Oral Surgery Resident on-call.**

Follow-up:

- You will receive a follow-up visit phone call from our clinical staff at your scheduled telephone appointment time approximately one week after surgery to discuss your progress.
- My Scheduled Appointment: ____/____/____ at ____:____ AM/PM

Oral Care Instructions Beginning One Week from Surgery on ____/____/____:

- Begin using the oral syringe one week after your surgery.
- The irrigation of your extraction sites is intended to release any food particles from these areas and prevent infection.
- Irrigation Directions:
 1. Fill a cup with warm water, add a dash of table salt, and stir until dissolved.
 2. Draw up a full syringe of the solution.
 3. Point the syringe towards the lower back molars and squirt the plunger to irrigate the extraction sites.
 4. Repeat after each meal.
 5. Brush your teeth normally.
- Irrigate the extraction sites after each meal for one week.
- Continue to brush your teeth normally.
- Call the **Nursing Line (617) 355-4513** if you develop increased pain, swelling, foul taste or bad breath, drainage from the extraction sites.

A **Spanish** version of this is available from your provider.