



Instructions for Patients After

Dental & Wisdom Teeth Extractions

Typical healing period after the extraction of wisdom teeth may take 1-3 weeks. Normal conditions immediately following surgery include some achiness, tenderness, muscle stiffness, facial bruising, and/or swelling. If you feel symptoms of pain, discomfort, swelling, sour, funny taste in your mouth after one week you may have having an infection and should be treated immediately. If you feel that you are experiencing something abnormal or have any questions, please do not delay and call our office immediately at (949)364-0250. Dr Salib may be reached on his cell phone anytime at (949)280-3130.

Bleeding:

Oozing or bleeding is normal for 24-36 hours after surgery. However if actively bleeding, place a folded moistened gauze pad over the area and bite down firmly for about 20-30 minutes. Alternatively, you may take an unused black tea bag, moisten it, leaving it over the extraction site with firm pressure. You may need to repeat this process as necessary. You may want to place an old towel on your pillow before sleeping. Note: If active bleeding continues, please call our office immediately.

Medications:

Take prescription medications as directed. Try not to take medications on empty stomach. If antibiotics are prescribed, take as directed until completed. If you taking birth control & prescribed antibiotics please inform Dr. Salib as it may interfere with its effectiveness. If you have any unusual reactions to medications stop immediately. If you are experiencing rash, itchiness, or difficulty breathing, you may be having a severe life threatening allergic reaction. Please call 911 without delay.

Swelling/Numbness:

Facial swelling is normal following surgery & peaks approximately 2-3 days after surgery before decreasing by 1 week. For the first 24 hours, apply an ice bag to your face on the side of the surgery in intervals. After 48 hrs soreness may be addressed with moist heat (warm damp towel/heating pad). Keep your head elevated & avoid bending over & strenuous exercise for first 72 hours. Discoloration/bruising of skin may occur following surgery. This is normal & will gradually disappear. If you experience swelling for more than 1 week or if swelling suddenly appears, contact us immediately as you may be having an infection. Numbness may last for up to 24 hours following your procedure. Call our office if your numbness lasts over 24 hrs.

Oral Hygiene:

Maintaining oral hygiene is important and you must continue to keep your mouth clean to prevent an infection. You may resume your normal brushing the night of the surgery but be very gentle near the surgical area and make sure you use a soft toothbrush. You can begin gently rinsing your mouth with warm salt water beginning the day after surgery.

Diet:

Stay well hydrated, drink nourishing liquids immediately after surgery & advance to pureed and soft foods such as soups, yogurt, ice cream, jell-o, mashed potatoes, pudding, etc. for at least the first 3 days after surgery. You may return to your normal diet when you are able to tolerate chewing solid food and have been cleared by Dr. Salib. Note: Do not use straws and do not spit vigorously for 2 days after the surgery. This may dislodge the blood clot and cause a dry socket. Do **NOT** eat hard or chewy foods until fully healed. This may cause complications including possible jaw fracture.

Smoking:

Smoking after extractions is never permitted. Avoid smoking for as long as possible after surgery. Smoking can impact the healing process and significantly increase your chances of developing a dry socket or severe infection.

Sutures:

Sutures will dissolve on their own within 5-10 days after surgery. If they dissolve earlier, it is not a cause for concern.

Exercise:

Avoid exercise for at least 24 hours after sedation as a precaution from mediation effects. Avoid any contact sports especially to the head and neck region such as martial arts, wrestling, and football until you are fully healed and cleared by Dr. Salib. Also until fully healed and cleared by Dr. Salib avoid water sports such as water polo, swimming, surfing as the ocean and swimming pools are contaminated and you are at increased risk of infection.