



Dr. Ryan Max Johnson

Following these directions is important to avoid complications and to aid the healing process. Please read them carefully. If you have any questions, please call the office during business hours.

1. **24 Hour Rule - DO NOT RINSE YOUR MOUTH, SPIT, USE A STRAW, CHEW FOOD, BRUSH YOUR TEETH, OR LOOK IN YOUR MOUTH FOR 24 HOURS.** After 24 hours, begin rinsing your mouth GENTLY with salt water. Rinse for one minute twice a day for seven days. Do not rinse the day of surgery.
2. **TAKE MEDICATION AS DIRECTED.** Take 600 mg ibuprofen 3 times a day and 500 mg Amoxicillin 3 times a day until all medication is gone. Take Ultracet as needed for moderate to severe pain. If you feel nausea and/or are vomiting, stop taking the Ultracet and substitute with Tylenol. If you are allergic to Penicillin, you will be given another antibiotic (usually Clindamycin). Decadron: Take 1 after arriving home from surgery and take one the following day.
3. **USE ICE THE DAY OF SURGERY.** Swelling normally increases for three to four days following surgery and then gradually decreases. Ice may be applied for 15 minutes and removed for 15 minutes, alternating on and off the day of surgery.
4. **DIET.** Avoid all foods that require chewing for the first 24 hours. Ensure, Smoothies (no straw), ice cream, yogurt, soups (broth only), and similar food is recommended. Remove gauze when eating, drinking and at bedtime.
5. **SLEEP IS RECOMMENDED AFTER SURGERY.** Most patients will want to sleep after sedation if they are placed in their bed. Blood pressure and bleeding decrease when sleeping. Upon waking: change the cotton gauze if needed, begin using ice, and eat something if hungry (no chewing).
6. **USE COTTON GAUZE TO CONTROL BLEEDING.** Following the removal of impacted teeth it is not uncommon for some bleeding to continue into the following day.
 - If bleeding is excessive - check that cotton gauze is in proper position on the area of surgery - as far back in the mouth as possible. You may bite on teabags to help stop bleeding.
 - Talking and movement of your mouth and tongue will increase bleeding
 - Cotton gauze should be changed as needed and removed when bleeding is controlled
7. **Supervision – PATIENTS SHOULD NOT BE LEFT ALONE THE DAY OF SURGERY**
8. **Smoking – DO NOT SMOKE UNTIL 7 DAYS AFTER SURGERY**
9. **Wait 7 days before cleaning out sockets with plastic syringe filled with salt water.**

NOTE: The expected post-operative problems associated with the removal of impactions and surgical extractions include: discomfort, swelling, bleeding, and limited jaw opening. Severe infections are rare. Please call your dental office if you have questions. If you feel you are having an after-hours emergency (i.e. rapid swelling in the eye/neck, fever, difficulty breathing, excessive bleeding, or other concerns you may have), please call Dr. Johnson at 325-514-9311 and/or visit the ER.