



Star DENTAL

POST-OP INSTRUCTIONS

Wisdom teeth removal and oral surgery - care at home

YOUR PERSONALIZED DISCHARGE INSTRUCTIONS COME FIRST

Every procedure and patient is different. Follow the instructions and medication plan given by your treating dentist. Call Star Dental if anything in this handout conflicts with what you were told.

The first day

- 1 Keep the original gauze in place for no longer than **60 minutes**. If bleeding continues, place fresh, slightly moist gauze over the area and hold firm pressure for another 30 minutes.
- 2 Use a cold pack for **15 minutes at a time**, followed by at least a 15-minute break, to help manage swelling.
- 3 Sip fluids regularly. Swallowing blood can upset your stomach, so use gauze as directed and call if bleeding is difficult to control.
- 4 Rest and avoid strenuous activity for at least 24 hours. Resume activity gradually as you feel able and as your dentist advises.
- 5 Choose nourishing soft foods such as eggs, mashed potatoes, pasta, soup, yogurt, applesauce, or smoothies eaten with a spoon.

Protect the blood clot

The clot protects the extraction site and supports healing. Unless your dentist gives different instructions, avoid the following for at least seven days:

- Straws, forceful spitting, vigorous rinsing, or pulling at the surgical area
- Smoking, vaping, chewing tobacco, and alcohol
- Carbonated beverages and very hot foods or drinks
- Hard, crunchy foods and foods with small pieces such as nuts, seeds, popcorn, or granola
- Commercial mouthwash. Begin **gentle warm salt-water rinses after 24 hours** if instructed.

Cleaning your mouth

Keep the parts of your mouth not involved in surgery clean as usual. Around the surgical areas, soften the toothbrush under warm water and clean gently. Do not scrub the sockets or disturb the clot.

Pain medicine and prescriptions

Use acetaminophen and/or ibuprofen only if they are safe for you and **exactly as directed** by your treating dentist, prescription, or product label. Do not exceed recommended doses. Take antibiotics or other prescriptions only when prescribed and exactly as directed. Call before taking a medicine if you are unsure, have allergies, take blood thinners, have kidney or liver disease, ulcers, or another condition that may affect which medicines are safe.



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WHEN TO CALL + AFTER IV SEDATION

Important warning signs and additional instructions for IV sedation patients

CONTACT STAR DENTAL PROMPTLY

Call **303-222-1414** for bleeding that does not improve with firm gauze pressure; severe or worsening pain after the first few days; fever; foul taste or drainage; swelling that keeps increasing; rash or medication reaction; persistent vomiting; numbness that concerns you; or any symptom you were told to report. For trouble breathing, trouble swallowing, chest pain, or another life-threatening emergency, call 911.

THIS PAGE APPLIES ONLY IF YOU RECEIVED IV SEDATION

Patients treated with local anesthetic alone should follow the general post-op instructions and any individualized directions from the dental team.

Getting home safely

- Travel home with your responsible adult escort. Sit upright and wear a seat belt.
- Even after discharge, sedating medicine can continue to affect balance, judgment, and coordination.
- Do not remain alone for the first **six hours**. Rest for the remainder of the day.

Activity and decisions

- Sleepiness, dizziness, nausea, and unsteadiness can occur. Have an adult assist you when walking during the first several hours.
- Do not drive, operate machinery, drink alcohol, make important decisions, or sign legal or financial documents for at least **24 hours** after sedation. Avoid alcohol for 48 hours.

Eating and drinking

- Start with small amounts of clear liquid after arriving home unless your dentist instructed otherwise.
- If you tolerate liquids, gradually add soft, simple foods. Do not force food if you feel nauseated.
- Continue following the extraction-site food restrictions on page 1 even if your appetite returns quickly.

The IV site

A small bandage may cover the IV site. Mild tenderness or bruising can occur. Follow any instructions given at discharge and call if you notice worsening pain, marked swelling, redness, warmth, drainage, or another concern.

KEEP THIS HANDOUT AVAILABLE

If you have questions after treatment, call **Star Dental at 303-222-1414**. We are open seven days a week and respond to patient concerns as quickly as possible.