

Post Surgery Instructions

Bleeding Control

- Place gauze **directly over** the extraction socket or surgical area for 30 minutes with **continuous** biting pressure. *Repeat* with a new gauze until bleeding slows down to a trickle. Little bleeding for few days is normal and anticipated. You may stop using the gauze when bleeding is minimal.
- You may also use green or black **tea bags** (that's lightly wet with warm water) which works *better* than gauze. Place this over the socket and bite down with continuous pressure in the same manner as described above.

Pain Control (Adults)

- Take your pain medication(s) *before* the numbness wears off.
- **If instructed**, take 600 mg of ibuprofen (**Motrin or Advil**) every 4-6 hours to keep your pain at a low level (e.g. 1 to 4 out of 10). For children (weight > 60lbs), given 200-300 mg equivalent of ibuprofen every 4-6 hours or follow the instructions on the drug box.
- If you have moderate level of pain (e.g. 5 to 7 out of 10), then take 600 mg of ibuprofen every 4 hours **and** 500 mg of acetaminophen (**Tylenol**) every 4 hours in an alternating fashion (e.g. Advil at 12 pm, 4 pm, 8 pm, etc. and Tylenol at 2 pm, 6 pm, 10 pm, etc.). For children (weight > 60lbs), given 320 mg equivalent of Tylenol every 4-6 hours or follow the instructions on the drug box.
- If you have severe pain (e.g. 8 to 10 out of 10), then take 600 mg of ibuprofen every 4 hours **and Norco** (or **Percocet**) every 4 hours in an alternating fashion (e.g. Advil at 12 pm, 4 pm, 8 pm, etc. and Norco at 2 pm, 6 pm, 10 pm, etc.).
- Please note that each Norco and Percocet pill contains 325 mg of acetaminophen or Tylenol inside. Do not consume more than 3000 mg of acetaminophen in a 24 hour period.

Warning: Narcotic pain medications (Norco or Percocet) are known to cause nausea. Please keep your medications out of the reach of children and never share with others. Psychic and physical dependence and tolerance may develop upon repeated administration of narcotics. Do not drive a car, operate machinery, or perform other tasks requiring concentration after IV anesthesia or after taking narcotic medications.

Pain Control (Children > 60lb in weight)

- Take your pain medication(s) *before* the numbness wears off. Always start at the lower end of the dosage range for drugs whenever possible. See maximum daily dosages below. Please read and follow the instructions on the drug boxes for details.
- **If instructed**, take 200-400 mg equivalent of ibuprofen every 4-6 hours to keep your pain at a low level (e.g. 1 to 4 out of 10).
- If you have moderate level of pain (e.g. 5 to 7 out of 10), then take 200-400 mg of ibuprofen every 4 hours **and** 325 mg of acetaminophen (**Tylenol**) every 4 hours in an alternating fashion (e.g. Advil at 12 pm, 4 pm, 8 pm, etc. and Tylenol at 2 pm, 6 pm, 10 pm, etc.).
- If you have severe pain (e.g. 8 to 10 out of 10), then take 200-400 mg of ibuprofen every 4 hours **and** ½ half tablet to 1 tablet of **Norco** (or **Percocet**) every 4 hours in an alternating fashion (e.g. Advil at 12 pm, 4 pm, 8 pm, etc. and Norco at 2 pm, 6 pm, 10 pm, etc.). Please note that each Norco and Percocet pill contains 325 mg of acetaminophen or Tylenol inside per tablet.
- Maximum doses: Do not consume more than 2600 mg of acetaminophen or 1200 mg of ibuprofen in a 24 hour period.

Warning: Narcotic pain medications (Norco or Percocet) are known to cause nausea. Please keep your medications out of the reach of children and never share with others. Psychic and physical dependence and tolerance may develop upon repeated administration of narcotics. Do not drive a car, operate machinery, or perform other tasks requiring concentration after IV anesthesia or after taking narcotic medications.

Swelling/Bruising

- Place ice packs over the area(s) of your face where the surgery was performed throughout today (and early tomorrow). Sleeping with your head elevated in a La-Z Boy type chair will also help minimize your swelling.
- Do not be alarmed if you experience more swelling & pain after about 2-4 days from surgery (a.k.a. chipmunk face) -- before getting better!
- Numbing shots and facial swelling can make it difficult for you to open your mouth widely. When blood travels underneath your gum tissue it can manifest as bruises on your skin. These things will resolve over time, usually in about 1-2 weeks.

Diet

- **Wait** for the numbness to wear off completely before eating to avoid inadvertent biting trauma to lips, cheeks, tongue, and other structures.
- Stay hydrated and do not skip meals as this may add to your discomfort.
- Start on a **liquid/soft diet** that requires **no to minimal chewing** (e.g. smoothie, warm soup, eggs, ice cream, French fries, etc.) for the first few days and then gradually return back to a normal diet.
- Avoid using a straw or eating hot, hard, or crunchy food (e.g. nuts, seeds, and popcorn) after surgery as they can cause more discomfort and infection.

Wound Care

- After every meal, please rinse your mouth *gently* with warm salt water.
- After brushing your teeth, please rinse your mouth with Listerine (diluted with water) or **Peridex** (if prescribed, 7 days only to avoid teeth staining).
- Please brush and floss starting tonight and then twice a day thereafter. Avoid surgical area for few days and be gentle with brushing.
- If applicable, please use the **Monoject syringe** with warm water to irrigate the wisdom teeth sockets after every meal – starting tomorrow. Please see the other website link with illustrations.
- If applicable, sutures or stitches will dissolve and fall off on their own.
- If prescribed, take **antibiotics** as instructed. Please notify office/Dr. Han if you're noticing loose stool or having diarrhea. **Female Patients:** Antibiotics may make oral contraceptives less effective. You are encouraged to use a second method of birth control for the cycle in which you are on antibiotics.

Smoking

- Do not smoke cigarette, use e-cigarette, marijuana, or any other substances for a **minimum** of 2 weeks before and after surgery to avoid complications.

Sinus precautions (for surgery near sinus, if applicable)

- Do not blow your nose for three weeks.
- Sneeze with your MOUTH OPEN. If the urge to sneeze arises, do not sneeze through your nose and avoid pinching nostrils.
- Avoid swimming for one month and strenuous exercise (e.g. heavy lifting) for one week.
- Slight bleeding from the nose is not uncommon and may occur for several days after surgery.

When to Contact the Doctor/Office

- If your bleeding is not well controlled (e.g., soaking through multiple gauze packs quickly). If your pain is not well controlled. If you feel unwell, unusually fatigued/drowsy, dizzy or have a fever, chills, or severe nausea. If your swelling is significant or getting worse after the 4th day from surgery. If you taste or experience drainage from the surgical site.

Emergency Contact Info:

- If you have any questions or concerns, please **call** our office/answering service at (925) 689-8500 or send a **text message** to the (213) ***-***58 where you have received text messages regarding your appointments.