B Williams Surgical Solutions

ADVANCED SURGICAL & IMPLANT CARE

Post-Operative Instructions

Extractions & Wisdom Teeth Removal

BLEEDING

Some oozing and pink saliva is normal for the first 24 hours. If it's more than oozing:

1. **Gauze:** place damp gauze over the site (don't stuff it into the socket) and bite firmly for 30 minutes while sitting upright.
2. **Still bleeding? Tea bag:** bite on a damp black tea bag placed over the site for 30 minutes.
3. **Still bleeding? Calcium alginate:** place a calcium alginate dressing from the pharmacy (NasalCease, BleedCease, CVS calcium alginate, or HemCon Dental Dressing) over the site and bite for 30 minutes. QuikClot goes over the site only. Never pack it into the socket.

> Call Dr. Williams at (832) 947-4324 if your mouth is filling with blood quickly, or if bleeding hasn't slowed after two rounds.

REMOVING THE GAUZE & FEELING FAINT

- Remove the gauze while you're **seated with your eyes closed**, and keep the blood out of sight. Your ride can help.
- Warning signs of fainting: feeling lightheaded, sweaty, pale, warm, or nauseated, or your vision "graying out."
- If you feel faint, **lie flat with your legs raised**. A few brief jerking movements can happen during a faint. They pass quickly and are not a seizure.
- Once you feel better, sip a cold, sweet drink (like juice or Gatorade).

YOUR FIRST MEAL

- Wait about 1.5 hours, remove the gauze, and eat something **cold and creamy** (yogurt, a smoothie, ice cream, pudding).
- Then take your ibuprofen and Tylenol together while you're still numb (see Medication).
- **No hot food or drinks while you're numb.** You can burn yourself without feeling it.
- No straws for the first 24 hours, and avoid spitting. Use a spoon, and let liquids fall from your lip instead.

DIET

- **Days 1–4: "wash-away" foods only**, meaning soft foods that rinse easily out of your sockets.
- **Day 4 and on:** start irrigating (see below) and keep eating soft foods. By day 7–8 your sockets are much shallower.
- Food stuck in a socket can cause infection. A lingering bad taste is often trapped food, so irrigate.

Smoothies (no seeds)	Yogurt	Ice Cream	Pudding
Apple Sauce	Mashed Potatoes	Warm Creamy Soup	Protein Shakes

Avoid anything with seeds, nuts, or small pieces that could get trapped in your sockets.

NUMBNESS, SWELLING & DISCOMFORT

- **Don't ice while you're numb.** As the numbness wears off, start cold compresses on the outside of your cheek, on and off while you're awake, for up to 48 hours.
- Your lower jaw may stay numb for up to 8 hours. That's normal.
- Starting day 3, gentle heat can help if swelling lingers.
- Swelling and soreness build through days 2–4 and level off around day 5, then ease every couple of days. Day 7 should feel better than day 5, and day 9 better than day 7. That pattern is normal.

MEDICATION

PAIN
Ibuprofen (Advil / Motrin)
600 mg
1 tablet every 6 hours **as needed**, **with food**. Start after surgery. (Over the counter: 3 × 200 mg tablets = 600 mg.)

PAIN
Tylenol (Acetaminophen)
500 mg
1 Extra Strength tablet, taken together with your ibuprofen as needed. Don't go over the daily limit on the package.

Night of surgery: after you've eaten something cold and creamy, take your ibuprofen and Tylenol together, ideally while you're still numb.

ANTIBIOTIC · EVERY PATIENT
Amoxicillin
875 mg
Start within 24 hours after surgery. 1 tablet twice a day **until ALL are gone**, even if you feel fine.
Allergic to penicillin? You'll get a **Z-Pak (azithromycin)** instead. Follow the pack instructions until it's gone.

RINSE
Peridex (Chlorhexidine 0.12%)
15 mL
Start the **day after** surgery. Swish 15 mL for 30 seconds, twice a day, until the bottle is gone. Then switch to Listerine. Don't refill the Peridex, because it can stain your teeth.

NAUSEA · IF PRESCRIBED
Zofran ODT (Ondansetron)
As needed: dissolve 1 tablet on your tongue every 8 hours. If nausea lasts more than 12 hours, call us.

STEROID · IF PRESCRIBED
Medrol Dose Pak
Start 3 days after your surgery day and follow the printed taper on the pack. Pain may seem to "come back" the day after your last dose. That's normal.

Birth control: antibiotics may make birth control pills less effective. Use backup protection for the rest of this cycle.

RINSING VS. IRRIGATING

- **Rinsing** starts the day after surgery: Peridex swish and spit, twice a day (see Medication). You can also brush your teeth starting the day after. Avoid the gums right next to your sockets for 7 days.
- **Irrigating** starts on **day 4**, using the curved-tip irrigation syringe:
  1. Fill the syringe from a cup of water with a splash of Peridex mixed in. Once the Peridex is gone, use Listerine instead.
  2. Place the curved tip at the opening of the socket. Don't push it in.
  3. Gently push the plunger to flush out food and debris.
  4. Repeat 4–6 passes per socket, until the water runs clear.

Day 4	After meals	End of day
Start irrigating	Every time you eat	Before bed

GLUE & STITCHES

- Surgical glue is usually used to close your site, and sometimes a dissolving stitch. The hard, purple-tinted bits you may feel are the glue.
- Both the glue and any stitches fall out on their own within 1–2 weeks. **Don't pick at them.**

ACTIVITY & RECOVERY TIME

- Rest for the first 24–48 hours. If you had IV sedation, no driving or anything that needs full alertness for 24 hours.
- No intense exercise for 5–7 days. No smoking or vaping for 5–7 days. It's one of the biggest causes of slow healing.
- Swimmers and wind-instrument players: wait 5–6 days.
- **How long it takes:** teens usually feel recovered in 7–10 days. Adults take about 2 weeks, and about 21 days to feel fully healed.

IF PRF WAS PART OF YOUR TREATMENT

PRF (platelet-rich fibrin, made from your own blood) lowers the chance of dry socket from about 1 in 10 to about 1 in 100. It can also mean less soreness and swelling for the first 3 days. On day 4 soreness may rise to about what's typical without PRF. That's expected, not a setback.

IF A SITE HURTS & WHEN TO CALL

- If a site hurts, irrigate it first: 5–6 passes until the water runs clear. Trapped food is the most common cause.
- Call (832) 947-4324 if pain is getting worse instead of better after day 5, or if you have a bad taste or odor that irrigating doesn't fix, bleeding that hasn't slowed after two rounds of the steps above, a fever over 101°F, or nausea lasting more than 12 hours.

Medical emergency? If you ever lose consciousness, have trouble breathing, or feel you're having a medical emergency, call 911 first, then contact our office at (832) 947-4324.

Questions after surgery? Scan me.

drwilliams.aircard.live

Have a question about your recovery? Our patient help page answers most questions 24/7.
For anything urgent, call Dr. Williams at (832) 947-4324.

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Dr. Brandon Williams Jr., DMD, is a general dentist focusing on complex surgical and implant care. Individual healing timelines vary.