

## **DISCHARGE INSTRUCTIONS FOR IV WISDOMS, MULTI, & IMPLANTS**

1. Immediately after surgery, bite down on the gauze for the next 30 minutes then remove.
2. If the bleeding persists, pack again with gauze and apply firm pressure for another 30 minutes or you may take two tea bags, soak them in cold water for a minute and bite down firmly on the tea bags for approximately 30 minutes.
3. Patients should return home and ingest soft food within 45 minutes of surgery in order to take their pain medication. Patients may also take ibuprofen and antibiotics 2 hours after the pain medication has been taken. Continue to take all medication as directed.
4. You will need to do cold compressions for the first 24 hours, then switch to heat, 15 minutes on 15 minutes off. The ice pack that was given to you can be used for hot or cold.
5. Avoid any sucking motion for the next 48 hours. Do not use a straw, do not spit and do not smoke.
6. Peridex rinse: Begin rinsing gently the evening after surgery. Use for 7-10 days after surgery.
7. You may brush your teeth after surgery, but use cold water only. It is OK to use toothpaste the following morning.
8. Sleep with your head and upper body elevated at a 45 degree angle for the first two days.
9. Remember – soft foods only for the first 48 hours, after which proceed with caution. Rinse your mouth out. Avoid hard or crunchy foods like popcorn, peanuts, ect.
10. For patients with gut sutures, be advised that the sutures will dissolve with in the next 10 days.
11. DO NOT use irrigation syringe until 7<sup>th</sup> day. Flush surgical site after eating or as needed for 4-6 weeks to remove food particles.