Wisdom Tooth removal

Having your wisdom teeth removed is often a ‘milestone’ in ones life. Dr. Reese has performed this procedure thousands of times and is constantly improving current therapy and seeking new ways to make it as simple a procedure and recovery as possible.

Being able to sleep through the procedure is helpful, as the IV access also allows us to administer steroid medication to minimize the swelling, Vit. C doses that assist in rapid healing and decrease infection along with IV antibiotics that don’t interfere with the gut microbiome as oral antibiotics are known.

Preoperatively, if it is deemed that there may be a residual ‘hole’ or socket from a partially erupted tooth, he will collect your own platelet blood cells and process this into PRF, Platelet Rich Fibrin, that provides a preformed ‘scab’ that can be sutured over the socket to avoid leaving an open wound which is often associated with the dry socket occurrence. Depending upon your situation, he may also elect or suggest a synthetic bone graft into the socket to promote better and quicker healing.

A “Dry Socket” is the unfavorable occurence that is associated with mild to severe pain due to the loss of the critical blood clot that must fill the socket remaining from tooth removal. This is much more common with RED heads, and smokers! It is treatable if this happens so call our office should you have pain increase days after the procedure rather than improve.

In addition to removing the impacted tooth, Dr. Reese will spend considerable time and effort to remove the soft tissue ‘cyst’ that encases the developing teeth. It is thought that thorough removal of this helps to prevent dry sockets and the later occurrence of cavitational defects. After the teeth and follicular tissue is removed, the socket is flushed with ozonated water, and insuffluated with ozone gas to hasten healing and diminish infection.

TO AVOID DRY SOCKETS:

1.Don’t smoke or chew tobacco for 5 days after surgery, and minimize smoking after that. Preferably none.

2.Don’t drink through a straw. The vacuum created in your mouth pulls the blood clot loose.

3.Avoid strenuous exercise for the first week to minimize blood pressure elevation which would increase the swelling too.

4. Avoid using commercial mouth washes containing alcohol or Tooth and Gum tonic. The Stella life mouth rinse is acceptable to use gently for pain control and disinfection.

PAIN CONTROL:

You typically would have been given a long lasting anesthetic (Marcaine) on the lower jaw. This typically lasts 8-10 hours to minimize discomfort until ice and pain remedies can be administered.

A Stella Life care kit is typically supplied or recommended. This is a 3 part, non narcotic pain relief

combination of a spray, gel, and rinse. Lightly use the rinse starting the day after surgery. The gel is to be applied at or next to the surgery site with a cotton swab, and the spray is sprayed under your tongue and allowed to absorb through the vasculature under your tongue. This is quicker than swallowing.

For the first 48 hours apply ice on the outside of your cheeks. Alternate sides 20-30 minutes at a time as often as possible. This helps tremendously for pain and to keep swelling to a minimum. Don’t lose sleep to keep ice on, but continually apply when awake. A frozen bag of peas works well, and the head wrap typically supplied can be refrozen and wrapped around your head for compression on the site too.

If you were given a prescription for a narcotic pain pill take it if you have ‘break through’ pain during the first 48 hours or longer if needed. Typically, after 48 hours you can lengthen the intervals from the recommended 4 hours, to 6 or 8 hours and replace with advil/Tylenol instead.

If you wish to avoid narcotic usage, the Stella life kit may suffice in itself. Otherwise, you may use a combination of Advil and Extra Strength Tylenol(acetaminophen) if allergies don’t exist.

Near narcotic pain relief is achieved with a regimen of 3 x 200mg capsules of Advil(ibuprofen), followed four hours later by two Extra Strength Tylenol than four hours later go back to the 3 Advil and repeat the sequence as needed.

SUTURES AND BLEEDING:

You will likely have sutures placed to close the surgery site completely or to retain a PRF mesh of your own blood products. These sutures are a resorbable gut material that won’t need to be removed, but will dissolve over 4-7 days. Try to avoid disturbing or ‘toying’ with these sutures with your tongue and hasten their resorption sooner than desired.

If it is desired to use a suture that will last longer you will be called or reappointed for an appointment in two weeks to remove these sutures.

Even with the use of sutures it is likely that you will have some ‘taste’ of blood over the first 24-48 hours. Gauzes have been sent home with you to fold twice and place one on each side behind the existing teeth. Lightly close together and use this to compress the surgery site and minimize oozing and bleeding. If bleeding persists, place a black tea bag in cold water, ring out the tea/water and place this as a compress with pressure. The ‘tannic acid’ in the tea helps in clotting.

We do not need to see you back in the office otherwise unless you have difficulty or a concern about your healing. If so, don’t hesitate to call us.

Following these simple instructions and minimizing your activity for the first few days will make this ‘milestone’ as easy a recovery as possible.