

Post-Operative Instructions: Wisdom Teeth Removal

Thank you for trusting us with your care. Proper post-operative care is essential for a smooth recovery. Please follow these instructions closely, and contact our office with any questions or concerns.

1. Immediately After Surgery

- **Bleeding:** Some bleeding is normal for the first 24 hours. To control bleeding:
 - Bite firmly on the provided gauze for **30–60 minutes**. Replace as needed until bleeding subsides.
 - If bleeding persists, bite on a damp tea bag (black tea) for 30 minutes.
 - Avoid spitting, rinsing vigorously, or using straws for the first 48 hours to prevent dislodging the blood clot.
- **Gauze:** Change the gauze every 30–45 minutes as needed. If bleeding stops, no gauze is required.

2. Pain and Discomfort

- **Medications:**
 - Take prescribed pain medication as directed.
 - Over-the-counter options (e.g., ibuprofen and acetaminophen) can be used if not contraindicated.
 - Ibuprofen and Tylenol can be taken together following the recommended over the counter dosage listed on each respective medication. Do not take if you have been told otherwise by your doctor.
 - If antibiotics are prescribed, complete the full course.
- **Swelling:**
 - Apply an ice pack to the cheeks near the surgical site for 15 minutes on, 15 minutes off, during the first 24–48 hours to reduce swelling.
 - Swelling may peak around 2-4 days post-surgery, but should gradually subside.
- **Elevate Your Head:**
 - Sleep with your head elevated on pillows for the first 3 nights to minimize swelling and bleeding.

3. Diet

- **First 72 Hours:**
 - Stick to cool or room-temperature liquids and soft foods (e.g., smoothies, yogurt, applesauce, mashed potatoes, or protein shakes).
 - Avoid food that have small seeds, like berries or anything that has small hard things.
 - Avoid hot foods and beverages, as heat can promote bleeding.
 - **Day 4–7:**
 - Gradually introduce soft, non-chewy foods as tolerated.
 - Avoid hard, crunchy, spicy, or acidic foods until healing progresses.
 - Refrain from foods with small particles (e.g., rice, seeds) that may lodge in the extraction sites.
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4. Oral Hygiene

- **First 24 Hours:**
 - Do not rinse, spit, or brush near the surgical sites.
 - **After 24 Hours:**
 - Begin gentle rinsing with a saltwater solution (1/2 teaspoon of salt in 8 oz of warm water) **after meals and before bed. Do not forcefully gargle anything.**
 - Do not use commercial mouthwashes containing alcohol for at least 2 weeks.
 - Continue brushing and flossing other areas of your mouth, avoiding the extraction sites.
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5. Activity

- **Rest:** Limit physical activity for the first 72 hours. Avoid heavy lifting, bending, or strenuous exercise. Keep your heart rate below 100 BPM.
 - **Avoid Smoking/Vaping:** These activities delay healing and can cause dry socket. Refrain for at least **7–10 days**.
 - **Avoid Alcohol:** Do not consume alcohol while taking prescription pain medication or antibiotics.
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6. Managing Potential Symptoms

- **Bleeding:** Mild bleeding or spotting is normal for up to 24 hours. If heavy bleeding continues beyond this period, contact our office.
 - **Swelling/Bruising:** Swelling may peak around 2-4 days and subside gradually over the next week. Bruising may appear on the cheeks or jawline and is normal.
 - **Jaw Stiffness:** Limited jaw movement is common for a few days post-surgery. Use gentle jaw-opening exercises as instructed to restore movement.
 - **Dry Socket:** If you experience severe, radiating pain a beginning 3-5 days after surgery, contact us immediately.
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7. When to Call Our Office

Contact us immediately if you experience:

- Uncontrolled bleeding after following the above steps.
 - Severe pain unrelieved by medication.
 - Swelling that worsens after 4 days.
 - Fever.
 - Signs of infection (e.g., pus, foul odor, or excessive redness).
 - Persistent numbness or tingling in the lips, chin, or tongue.
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8. Follow-Up Appointments

- Follow-up visits are not typically needed for wisdom teeth extraction.
 - If you experience unexpected issues, contact our office.
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9. Additional Tips

- **Hydration:** Stay well-hydrated by drinking plenty of water. Avoid caffeinated or carbonated beverages for the first few days.
- **Clot Protection:** Do not disturb the blood clot by poking the surgical site with your tongue, fingers, or objects. Do not pull on your cheek to look at the surgical site.

- **Medication Timing:** Take pain medication before the anesthetic wears off to stay ahead of discomfort.
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10. Use the Plastic Syringe After Four days of Healing

- **If you were given a syringe, then follow these instructions. (Not all patients are required this, so if you weren't given one, don't worry)**
- Fill the syringe with lukewarm water. After each meal, gently place the syringe tip into the lower sockets and flush out debris using light pressure until the area is clean. If bleeding occurs, reduce the pressure being applied. Continue this practice until the sockets have fully closed, which typically takes about one month.

Thank you for following these guidelines. We wish you a smooth and speedy recovery!

Contact Us

If you have any concerns or questions, please don't hesitate to reach out:

 **Dr. Hunt's Emergency phone Number: (253) 220-6444**