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After Wisdom Teeth Removal

- For the first 24 hours following surgery, we recommend a responsible adult be available to assist you in your needs.
- Please avoid rinsing today. Begin warm salt water rinses tomorrow (1/2 t. salt to 1 cup water) 8-10 times throughout the day for the next several days. You may begin brushing your teeth tomorrow.
- If a syringe was provided it should be used to thoroughly irrigate the lower wisdom tooth sites starting on the 3rd day after the surgery, continue using the syringe until the extraction site is completely closed which may be several weeks.
- Any prescriptions given should be taken as directed.
- Keep your head elevated at all times for the first 2-3 days following surgery. This will help decrease swelling and pain.
- Our office uses stitches that are designed to fall out on their own from 3-5 days after surgery.
- **DO NOT SMOKE.** Smoking in any amount in the first few days can cause a dry socket, and will dramatically delay wound healing.
- It is important to resume oral intake and drink plenty of fluids. Start with clear liquids and limit the diet to soft, cool foods for the first day. Slowly advance the diet as comfort dictates.
- If a gauze dressing was placed over the surgical site leave it in place 2 hours after arriving home. The gauze may be removed to facilitate eating, drinking and taking medications.
- It is normal to have some bleeding for several hours after the surgery and occasional oozing for 24-48 hours. Moist gauze packs or tea bags can be placed over the site and held with gentle pressure to minimize bleeding. The gauze packs may be left out once the bleeding has tapered off.
- **DO NOT** drink alcoholic beverages, drive, or operate machinery for 24 hours following general anesthesia. **DO NOT** combine pain medication with alcohol.
- Swelling is to be expected and usually reaches its maximum during the first three days. Leaving the head wrap in place, apply ice to the side of the face 20 minutes on and 20 minutes off as often as possible for the first 48 hours. You may change to heat (a heating pad or hot water bottle) 3 days after surgery.
- If you have been prescribed an antibiotic and are currently taking oral contraceptives you should use an alternate method of birth control for the remainder of this cycle.

Report the Following to your Surgeon

- Excessive bleeding, persistent nausea, severe uncontrolled pain, temperature of greater than 101F (by mouth), rashes/itching/wheezing, development of redness warmth / drainage at the surgical site