



WISDOM TEETH EXTRACTION

Following any procedure, we want each of our patients to go home feeling well taken care of and confident. For this reason, we put together a list of care instructions that will help in your recovery process. Here is what you need to know:

- > For most people, bleeding will occur for the first few hours following the procedure. By biting down for 30–45 minutes on clean moist gauze placed over the socket, the pressure will help prevent bleeding. If bleeding persists longer than 24 hours, contact our office immediately.
- > Do not smoke, drink hot liquids, carbonated drinks, or use straws. These actions can cause the blood clot to be loosened which can prolong the healing process.
- > Do not lie flat on your back as it may increase the swelling and duration of bleeding. Sleep with your head elevated (recliner or an extra pillow).
- > If any anesthetic was used, your lips and tongue may feel numb for a few hours. Be careful when you chew your food to avoid biting your cheek, tongue, or lips. If the numbness persists longer than 24 hours, please contact us immediately.
- > Your face may swell where the teeth have been extracted. This is normal. To help reduce swelling, wrap an ice pack in a washcloth; place it on your cheek nearest to the area from where the tooth was removed.
- > Do not rinse or spit during the first 24 hours. After the first day, rinse your mouth with warm saltwater three times a day to reduce any swelling.
- > When eating, try to chew on the side of the mouth that did not have an extraction. If all four teeth were removed, eat cold, soft food only such as pudding.
- > Do not touch the surgical area with your finger or tongue during the first 48 hours.
- > You may notice that your jaw may be difficult to move or open. This is common following extractions and will return to normal in a few days.
- > You may experience pain during your recovery. Over the counter pain medications such as Tylenol or Advil can be used to help with the pain. Depending on your situation, the dentist may give you a prescription for pain medication (take as directed).
- > You may be prescribed an antibiotic to help decrease the risk of infection. Please follow all directions regarding all medications.
- > Continue with your daily dental healthcare; however, as you brush your teeth avoid the teeth next too where the extracted tooth resided during the first 24 hours.
- > Rest and relax when you get home. Doing too much physical activity may hinder the healing process.

If you have any further questions or concerns, please feel free to contact our office at anytime.