



Instructions Following Surgical Removal of Teeth

Important Notes:

- **Follow-up:** You'll likely have a follow-up appointment with us. Please make sure you know when this is scheduled and attend.
 - **Medication:** Take any prescribed medications exactly as directed.
 - **Emergency contact:** Have a contact number for your surgeon or an appropriate emergency service if you have complications such as uncontrolled bleeding, severe pain, or a high fever.
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Day of Surgery

- **Bleeding:** Some oozing of blood from the extraction site(s) is normal for the first 24 hours. If the bleeding is extensive, apply gentle pressure by biting down with gauze as directed. If necessary, replace gauze every 20-30 minutes. If there is no bleeding, no gauze is necessary.
 - **Swelling:** Swelling is common. Apply ice packs to the affected side of your face for 15 minutes on, 15 minutes off, for the first 24 hours.
 - **Pain:** It's normal to experience mild to moderate pain. Take your prescribed pain medication or over-the-counter options as directed.
 - **Diet:** Stick to soft, cool foods and liquids like smoothies, yogurt, applesauce, and ice cream. Avoid hot foods and drinks. Drink plenty of fluids throughout the day and have 3-4 meals. Avoid anything hard, crunchy, food that contains nuts or seeds and is chewy, or spicy.
 - **Numbness:** Be careful not to bite your lips or tongue while they are still numb.
 - **Avoid straws:** Don't drink through straws, as the suction can dislodge blood clots.
 - **Rest:** Get plenty of rest. Avoid strenuous activity or exercise. Keep your head slightly elevated, even when sleeping.
 - **No Smoking/Alcohol:** Avoid smoking and drinking alcohol for at least the first 24 hours, as they can interfere with healing.
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Day 1-2 After Surgery

- **Rinsing:** Start gentle saltwater rinses 24 hours after surgery. Dissolve ½ teaspoon salt in a glass of warm water. Rinse very gently and let the water dribble out rather than spitting, repeating 2-3 times and after meals.
 - **Brushing:** Brush your teeth very carefully, avoiding the surgical sites. Continue to avoid vigorous rinsing, spitting and sucking.
 - **Swelling:** Usually peaks around day 2 or 3.
 - **Diet:** Gradually add soft foods like scrambled eggs, mashed potatoes, and soup.
 - **Activity:** Continue resting. You may start light, short walks.
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Day 3-7 After Surgery

- **Swelling:** Swelling starts to subside. If it increases or you experience severe and worsening pain, contact your surgeon.
 - **Discomfort:** Discomfort should be improving. Continue taking over-the-counter pain medication if needed.
 - **Diet:** You can slowly start reintroducing regular foods, but still avoid anything that requires vigorous chewing.
 - **Hygiene:** Maintain gentle brushing and saltwater rinses. Continue to be gentle while rinsing and spitting.
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Week 2 and Beyond

- **Healing:** Most discomfort and swelling should be resolved. Extraction sites are slowly healing.
 - **Diet:** Resume your normal diet.
 - **Follow-up:** Attend your follow-up appointment.
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Expected Symptoms

- It's normal to experience pain, discomfort and swelling following wisdom tooth removal, you may also get some bruising around the jaw and cheeks.
- **Numbness or altered sensations:** If your teeth were close to the nerve, you may experience tingling around the lips, cheek and tongue. If this is still present after 48 hours, please let us know.