



Wisdom Tooth Extraction Post-Operative Instructions

1. Please **avoid rinsing today**. Beginning tomorrow start by rinsing with warm salt-water (use 1/2 teaspoon salt to 1 cup of water) several times a day including after meals and at bedtime, for the next two weeks. You may begin brushing your teeth tomorrow.
2. Please note that a **gradual increase in pain from days 3-5 is not uncommon**. Keep your **head elevated** at all times for the first 5-7 days following surgery. Not bending over will help decrease swelling and pain.
3. Our office uses stitches that are designed to fall out on their own from 3-5 days after surgery (however, certain types may last a few weeks or longer).
4. **DO NOT SMOKE**. Smoking in any amount in the first few weeks can cause a dry socket. This will dramatically delay wound healing and cause a lot of pain.
5. You may eat or drink what you can tolerate once the local anesthetic has worn off. Avoid very hot foods or liquids for 24 hours. No Drinking through straws for 3 days. Soft foods such as pancakes, pastas, warm soups, crackers, ravioli, etc.. are recommended.
6. The surgical site may continue to bleed slightly for a day or two. This is no cause for alarm. **Only if heavy bleeding occurs**, fold a piece of gauze or use a wet or dry tea bag and place over the bleeding area. Maintain firm pressure for 30 minutes. Avoid frequent pack changes, rinsing, and spitting or physical exertion until the bleeding has ceased.
7. **DO NOT** drink alcoholic beverages, drive or operate machinery for 12 hours following general anesthesia.
8. **DO NOT** combine pain medication with alcohol.
9. Some discomfort is to be expected for the first few hours. Take the prescribed medication with food as directed. Allow 45 minutes for the medication to work. Therefore, take the medication before the pain becomes too severe.
10. **Swelling is to be expected and usually reaches its maximum during the first 3 days**. Apply ice to the side of the face for 20 minutes on and 20 minutes off as often as possible for the first 48 hours. Frozen vegetable bags wrapped in dishtowels work nicely as they contour to the jaw. Change to heat (a heating pad or hot water bottle) the third day after surgery until swelling has receded.
11. **Bruising** may occur, especially along the jaw line. This is not unexpected and should disappear soon.
12. Keep lips moist with Chip Stick or Vaseline to prevent chapping.
13. **Tightness of the jaw muscles** may make it difficult for you to open your mouth for up to two weeks.
13. 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.
15. If any unusual symptoms occur or if you have any questions concerning your progress, do not hesitate to call the office. Please note that the pain medication cannot be refilled outside of the office hours.
16. Please schedule a follow-up appointment in 1-2 weeks to ensure the areas are healing properly.
17. If you have any problems, call the office at **416-536-2626** or email drblatt@bellnet.ca.