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*Sedation
Exposures
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Trauma*

After Wisdom Teeth Removal

Day One

A responsible adult should be available to assist you for the first 24 hours.

Keep your head elevated at all times. It helps decrease swelling and pain.

If a gauze dressing was placed over the surgical site, leave it in place for 1-2 hours after arriving home. You may remove the gauze to eat, drink, and take medications.

It is important to resume oral intake and to drink plenty of fluids. Start with clear liquids and limit the diet to soft, cool foods the first day.

Avoid rinsing and brushing your teeth until Day Two.

It is normal to have some bleeding for several hours after 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.

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 when awake.

DO NOT drink alcoholic beverages, drive, or operate machinery for 24 hours following general anesthesia.

Do not use a straw until Day Two.

Day Two

Keep your head elevated.

Begin warm salt water rinses (1/2 t. salt to 1 cup water) several times throughout the day for the next several days.

You may begin brushing your teeth.

Drink plenty of fluids and slowly advance your diet as comfort dictates.

Continue to use the head wrap and ice packs.

You may begin using a straw.

Day Three

Keep your head elevated.

Continue salt water rinses.

Drink plenty of fluids and continue advancing your diet.

Swelling is to be expected and usually reaches its maximum during the first three days.

You may change to heat (a heating pad or hot water bottle) 3 days after surgery.

The stitches are designed to fall out on their own 3-5 days after surgery.

If a syringe was provided, use it to thoroughly irrigate the lower wisdom tooth sites starting on the 3rd day. (See separate instructions with the syringe.)

After Day Three

Start using the syringe (if provided) until the lower extraction site is completely closed, which may take several weeks.

General Instructions

Take any prescriptions as directed.

DO NOT SMOKE. Smoking in any amount in the first few days can cause a dry socket and will dramatically delay healing.

DO NOT combine pain medication with alcohol.

If you have been prescribed an antibiotic and are currently taking oral contraceptives, use an alternate method of birth control for the remainder of this cycle.

Report the Following to Us

Excessive bleeding
Persistent nausea
Severe, uncontrolled pain
Temperature greater than 101F (by mouth)
Rashes / itching / wheezing
Redness / warmth / drainage at the surgical site