

Wisdom Tooth Extraction Post-Operative Instructions

Patient Name: [Patient Name]

Date of Procedure: [Date]

Surgeon: [Surgeon Name]

1. Bleeding

Keep the gauze pad over the extraction site and bite down firmly for 30-45 minutes. If bleeding continues, replace with a fresh gauze or a moistened tea bag. Expect slight oozing for the first 24 hours.

2. Pain Management

Take your prescribed pain medication or over-the-counter relievers (e.g., Ibuprofen or Acetaminophen) before the numbness wears off. Follow the dosage instructions on the label or prescription.

3. Swelling and Bruising

Swelling is normal and will peak 48-72 hours after surgery. Apply an ice pack to the side of the face for 20 minutes on and 20 minutes off during the first 24 hours. After 48 hours, use warm compresses to reduce stiffness.

4. Diet

Drink plenty of fluids but avoid using a straw. Stick to soft foods such as yogurt, pudding, mashed potatoes, or lukewarm soup. Avoid hot, spicy, or crunchy foods for the first week.

5. Oral Hygiene

Do not rinse your mouth, spit, or brush your teeth vigorously for the first 24 hours. After 24 hours, rinse gently with warm salt water (1/2 teaspoon of salt in a glass of water) 4-5 times a day.

6. Activities

Rest for the remainder of the day. Avoid strenuous physical activity or heavy lifting for at least 3-5 days to prevent the blood clot from dislodging.

7. Avoid Smoking and Alcohol

Do not smoke or consume alcohol for at least 72 hours. Smoking significantly increases the risk of a "dry socket" and infection.

8. When to Call the Doctor

Contact our office immediately if you experience:

- Severe pain that does not respond to medication.
- Uncontrolled bleeding.
- Severe swelling that worsens after 3 days.
- High fever or chills.
- Difficulty breathing or swallowing.

Office Phone: [Phone Number]

After-Hours Emergency: [Emergency Number]

Signed: _____