



Instructions Post Extraction of Wisdom Teeth

1. ****Immediately Following Surgery.**** Bite on gauze for 30 minutes.
2. Do not touch the surgical areas with your tongue or fingers.
3. **Bleeding.** It is normal for saliva to be streaked with blood for a day. If bleeding persists, fold sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure for 20 minutes. The gauze may be substituted by a warm, soaked tea bag (black tea or orange pekoe). The tannic acid in tea has clotting effect. Repeat as necessary. If bleeding persists or seems profuse, contact the office or the after hours emergency line for further instructions.
4. **Pain.** It is normal to experience some pain and tenderness after an extraction. Normally, pain begins on the evening of the surgery and lasts for 2- to 3-days, becoming less noticeable with each passing day after that. Sometimes patients also experience a sore throat for a day or two after the surgery. Some surgical site discomfort may persist for up to a week. Over-the-counter pain medication usually is sufficient. Speak with your pharmacist to ensure you are taking the correct dosage and frequency of over-the-counter pain medication. If the pain persists, despite following those instructions, contact the office.
5. **Swelling and Discolouration.** Some swelling/discolouration is to be expected in certain areas, usually reaching its maximum 2-3 days after surgery. It will disappear gradually and is no cause for concern. For the first 48 hours after surgery, as needed, use a soft ice pack, pad or frozen peas, alternating for 20 minutes on, 20 minutes off. After 48 hours post surgery, as needed, use a warm compress 20 minutes on, 20 minutes off to stimulate blood flow to the area. If you experience delayed swelling 10 or more days after the surgery, please contact the office as this could be indicative of a low-grade infection and may require antibiotics.
6. **Oral Care.** Do not brush, floss, or use a Waterpik/Waterflosser directly where stitches have been placed. The day after surgery you may resume brushing and flossing but be gentle around the extraction sites.
7. **Mouth rinsing.** Start rinsing the day AFTER surgery with salt water. Mix ½ teaspoon of salt in a glass of warm water. Use saltwater rinses 3-4 times per day (after meals and before bed). Continue to rinse for 7 days.

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8. **Physical Activity.** On the day of surgery, you should go home directly and rest. Exercise or physical activity will only encourage bleeding. Avoid physical activity for 2-3 days after the surgery.
9. **Difficulty Opening Mouth Post Surgery (Trismus).** Trismus is a temporary condition and will resolve within a few weeks. Gentle massages of the jaw can help relieve some of the tension. If trismus persists or causes severe pain during opening of the jaw, call the office.
10. **Numbness.** While rare, it can happen that the lip, chin or tongue appear to be numb for an extended period of time after the surgery. Just be cautious when eating and drinking so that you do not unintentionally bite your lip or tongue.
11. **Sore Throat.** This can be common post surgery and will resolve in 2-3 days. Soft cool foods and fluids will help.
12. **Cracks in lips or mouth.** If the corners of your mouth or lips are cracked, use some petroleum jelly or Vaseline to help moisten them as they heal.
13. **Diet.** For the first 24 hours after surgery, avoid hot (high temperature) foods and liquids. Avoid small seeds and avoid foods that are spicy, crunchy or sticky for the first week after surgery. Consume a soft, nutrient-dense diet for about 2 weeks after surgery.
14. **Straws.** Avoid using a straw for at least 48-hours after your surgery.
15. **Alcohol.** To prevent healing complications, all forms of alcohol should be avoided for at least 24 hours after the surgery.
16. **Bad taste or odor.** This can happen due to some of the bacteria present in the mouth. Gentle routine saltwater rinses will help. Place ½ teaspoon of salt in a glass of warm water. Rinse for 10-15 seconds and gently spit into the sink (let the saltwater fall from the mouth). Repeat 3-4 times per day for one week. If it does not go away within a few days, contact the office for a prescribed mouth wash.
17. **Sharp bone edges.** When a tooth is removed, the thin socket bone often projects through the gingiva and may feel sharp to the touch. Most of these bony projections will smooth out as the bone remodels over 4- to 6-weeks. This is not cause for concern unless the stitches completely release. However, if it feels uncomfortably sharp or irritating, do not hesitate to call the office for advice.

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18. **Sutures (stiches).** Sutures are often placed in the area of the surgery to minimize post-operative bleeding and to help healing. Sometimes they become dislodged (sometimes as quickly as 24 hours post surgery. This is no cause for alarm. Sutures usually dissolve on their own. If they are loose, do not pull on them. If there are loose, pointy/sharp/irritating, or if the stitches have not dissolved on their own in 2-3 weeks, call the office to have them removed.
19. **Smoking.** To decrease the chances for healing complications, do not smoke tobacco (cigarettes or cigars), cannabis, and do not vape for 7-days following surgery.
20. **Void or hole where wisdom teeth previously were.** This can happen, but will gradually fill in with the new tissue/bone over the next few months (depending on your age). In the meantime, the area should be kept clean, especially after meals with gentle salt water rinses and when brushing your teeth.
21. **Do not hesitate to contact the office if in doubt.** If you have any questions or concerns, please contact the office at (519) 245-0751. If you are experiencing a concern outside of regular office hours, please call or text our after-hours emergency line at (519) 381-2622.

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