

# Wisdom Teeth Removal Aftercare

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Do not eat or drink for a few hours after getting your wisdom teeth extracted to prevent dry socket.

Do not use a straw for at least a week because that suction motion can cause the clot to become dislodged from your bone.

Do not smoke before or after the procedure.

Do not spit excessively

Do not eat food that are prone to get stuck in your sockets, like sesame seeds, jalapeno seeds, strawberries or other fruit with little seeds, and popcorn. Avoid these types of food for 4 -6 weeks because it could take that long for the sockets to close completely and if food gets caught in the socket, it could lead to pretty serious infections.

We prescribed a bottle of chlorhexidine rinse, which is a blue colored antiseptic rinse. You draw it into the irrigation syringe and flush out the sockets to remove all the debris from food and whatever else might be caught in there. Start using the irrigation syringe about four or five days after the procedure. We want to avoid dry socket so it is best not to disrupt the blood clot formation by irrigating too soon. So, four to five days post op, irrigate after all your meals so that you keep the sockets clean and free of debris to lower the risk for infections and help you to heal faster.

It is okay to brush back where their wisdom teeth were extracted. You want to keep that area clean so that you lessen your chance of infection

You're allowed to wear your retainer immediately after the procedure.

You might still have some bleeding when you take the gauze out. When you go home, you will see some traces of the blood mixed in with saliva that will make the gauze look like it is saturated with blood. Do not be alarmed, as it really is not saturated in blood! Honestly, you are going to taste a little bit of blood that day. You are even going to taste blood the next day. Just because you see a little bit of blood on the gauze does not mean that you're hemorrhaging blood, and you need to go to an emergency room or come in immediately. But if you have any concerns about bleeding afterwards, by all means, please call us.

If you do experience bleeding that is more than minimal, use the gauze in your post op bag, and apply a lot of force by biting down hard for at least 20 seconds. Your jaws are capable of producing a lot of force, so just make sure you bite really hard so that you can produce that force to clamp down on any bleeding and cause it to clot. In the event of any excessive bleeding, please contact the office during regular hours, or call or text me after hours.

Medications. Following the procedure, you will receive several prescriptions. We prescribe antibiotics and we definitely always want you to finish those. We also give you ibuprofen or an alternative if you are unable to take ibuprofen. Use that every six hours to stay ahead of the pain. We also prescribe stronger pain medication in the event that you have any excessive pain and ibuprofen is not sufficient. We always prescribe that preemptively to make sure that you do not have any sudden pain later on if the ibuprofen is not enough. It is very important to make sure you finish your antibiotics.

Swelling. Everybody has different levels of swelling. We have seen patients who experience no swelling at all, and we have seen patients who have a significant amount of swelling. Every case is different and every individual will have a different experience in their healing. Luckily, whether or not you are prone to swelling is something that we can actually advise you of prior to your procedure.

Post operatively, it is very important to ice your cheeks to help diminish swelling. We offer optional ice packs at our office that sit snugly within a head wrap so that you do not have to hold frozen peas or ice to your cheeks. Make sure to opt in and use the ice pack all day to limit that swelling.

Sleeping with your head elevated is really helpful to reduce swelling over the next few days. Swelling peaks at different times for everybody. Some people swell the most the next day, some people swell the most, the third or the fourth day. So, do not be alarmed if you see quite a bit of swelling the third or fourth day. It is totally normal and it should start coming down after that.

Those are the main things to keep in mind but if you do have any further questions, make sure that you give us a call during regular office hours. And if you have any concerns and our office is closed, please feel free to text or call that emergency contact number that I provided you on the day of surgery. Typically, texting is the best way to get a quick response on that emergency number.

# Conclusion

## Post-Op Tips in Summary:

- Avoid eating or drinking for a few hours after procedure
- Don't use a straw for a week
- Absolutely no smoking!
- Do not spit excessively
- Avoid foods that can easily get stuck like sesame seeds, etc.
- Use the irrigation syringe to flush out the sockets
- Yes, brush your teeth back there, just be gentle
- If you have a retainer, you may wear it.
- Use medications as prescribed
- Ice your cheeks to reduce swelling