

So You Had Your Wisdom Teeth Removed?

Post-operative instructions

What to do and expect for the first 72 hours following your wisdom teeth extraction

The First 24 Hours

2-4 HOURS



BITE down **FIRMLY** on gauze until you get home. Switch with a fresh piece of gauze every 20-30 minutes until gauze is no longer saturated (gauze may still appear pink, a little bit of oozing is normal!)

Tip: Remember not to spit **forcefully!** This will restart the clotting process every time. If heavy bleeding persists, soak tea bag in warm water and wrap gauze around it. Bite down on this to help stop the bleeding.



EAT cold and soft foods like ice cream, yogurt, or applesauce. Start with soft foods and advance to more solid foods throughout the week as tolerated.

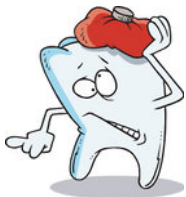
Just remember: If you get a smoothie or a milkshake, use a spoon.
NO STRAWS for one week!



RELAX in the **UPRIGHT** position to prevent risk of choking on gauze. This will also help prevent additional swelling and bleeding.



24 HOURS



ICE with icepack. Alternate 10 minutes on, 10 minutes off whenever you can find the time!

Tip: Ice is normally used for the first 24 hours only. After this, you can ice for pain relief, but it will not help with the swelling.

MEDICATE with Ibuprofen or Advil as soon as you get home (if you are not allergic).



Tip: Take up to 600mg of Ibuprofen or Advil every 4 hours to keep blood levels elevated this will keep up with the pain instead of waiting for it. Take prescribed pain medication if throbbing occurs once numbness wears off.

**It is OK to take Ibuprofen with your narcotic prescription

FOR THE FIRST 24 HOURS

A responsible adult should be available to assist you at all times.



THE FIRST 48 HOURS

AFTER 24 HOURS



RINSE gently with warm salt water 2-3 times a day for one week.



FIRST 48 HOURS **EXPECT** a small amount of oozing during the first 48 hours following the procedure.



WHAT TO AVOID:

To bypass unnecessary pain and inflammation it is best to avoid the following activities for the first 72 hours following your procedure.

AVOID TOBACCO

Tobacco decreases the healing potential of the wounds and could lead to dry sockets.

AVOID STRAWS

The suction can increase the risk of dry sockets.



AVOID STRENUOUS ACTIVITY

Raising your heart rate could lead to excessive bleeding or throbbing. Avoid contact sports until jaw is healed.

AVOID USING MONOJECT SYRINGE

If you are provided with a monoject syringe, avoid using for one week. Early use could dissolve blood clot and lead to dry sockets.



WHEN TO CONTACT YOUR SURGEON:

Contact your surgeon if you experience any of the following:



- Excessive bleeding after 24 hours
- Persistent nausea that lasts more than 24 hours
- Severe uncontrolled pain
- Development of rash/itching/wheezing
- Temperature of 101 degrees or higher after 24 hours
- If swelling is increasing after 72 hours or extends into the neck or eye regions **It is expected for swelling to increase 2-3 days and then decrease.

Questions? Please Call: 425-353-1009



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