

Post-Operative Instructions for Wisdom Teeth Removals

- Immediately following extraction(s), keep pressure on the gauze until the bleedings stops (typically 30 minutes).
- Do not smoke, rinse your mouth vigorously, or drink through a straw for 24 hours. These activities will disturb the healing clot.
- To reduce swelling, ice packs may be used for up to 24 hours; leave pack on for 20 minutes, then remove for 20 minutes and repeat.
- Reduce strenuous activity for 2-3 days.
- Eat soft foods and liquids for 2-3 days.
- Avoid hot liquids and alcoholic beverages.
- If prescribed pain medicine, take _____ tabs of _____ every _____ hours as needed for pain.
- Do not take pain medicine on an empty stomach. Cold, soft foods such as ice cream, yogurt, jello, or applesauce are recommended.
- If prescribed Motrin, take 600 mg every 6 hours until swelling is gone.
- If prescribed antibiotics, take _____ tabs of _____ every _____ hours as directed until gone.
- Brush and floss as normal, being extra careful around the extractions area(s).
- On the following day and for the first week, gently rinse your mouth with warm salt water, peroxide, or peridex two to three times a day. If the doctor sent a syringe home with you, draw a small amount into the syringe and use it to rinse the area of extraction(s) directly.
- If you have prolonged or severe pain, swelling, bleeding or fever, call Dr. Chuck or Dr. Pat at the office at 224-6111, or after hours, Dr. Chuck's cell phone at 605-280-5252 or Dr. Pat's at 605-280-0250.
- Occasionally bone chips may develop 2-3 weeks after the removal. This is not uncommon, however please call our office to schedule an appointment to have the doctor remove them.