



Post-Operative Instructions for Wisdom Teeth Extraction

Day of Surgery

- **Bleeding Control:**
 - Bite firmly on the gauze pad placed over the extraction site for 30–45 minutes.
 - If bleeding persists, replace with a new gauze and continue biting for another 30 minutes.
 - Tea Bag Method: If bleeding continues after changing the gauze, moisten a black tea bag (not herbal) with water, squeeze out excess moisture, and place it over the surgical site. Bite down gently for 20–30 minutes. The tannins in tea can help constrict blood vessels and promote clotting.
 - Avoid spitting, using straws, or vigorous rinsing for the first 24 hours to prevent dislodging the blood clot.
- **Pain Management:**
 - Take prescribed or over-the-counter pain medication as directed before the numbness wears off. Follow the “Analgesic Wheel-Clock” that was given to you.
 - Avoid aspirin, as it may thin the blood and increase bleeding.
- **Ice Application:**
 - Apply ice packs to the outside of the face for 15 minutes on, 15 minutes off to minimize swelling during the first 48 hours.
- **Rest:**
 - Limit physical activity for the first 24–48 hours. Keep your head elevated when lying down.

Diet:

- Start with clear liquids and soft foods such as yogurt, applesauce, or mashed potatoes.
- Avoid hot foods and beverages for the first 24 hours.
- Gradually return to normal diet as tolerated, avoiding crunchy or hard foods for at least a week.

Oral Hygiene:

- Do not rinse, spit, or brush the teeth near the surgical site for the first 24 hours. After 24 hours, use the prescribed “Peridex” rinse twice a day for a week. After the 1st week you can gently rinse with warm saltwater (1/2 teaspoon salt in 8 oz. of water) 3–4 times a day, especially after meals. Resume gentle tooth brushing, avoiding the extraction site.

Swelling and Bruising:

- Swelling typically peaks 48–72 hours post-surgery and then gradually subsides. It may linger for a week (7 days).
- After the first 48 hours, switch to warm compresses if swelling persists.
- Mild bruising may occur and will fade over time.

Activity Restrictions:

- Avoid smoking, vaping, or using tobacco products for at least 72 hours, as they can delay healing and increase the risk of dry socket.
- Avoid alcohol for 24–48 hours or while taking pain medications.
- Avoid strenuous physical activity for at least 3–5 days.

Medications:

- Take all prescribed medications (antibiotics, pain relievers, mouth rinse) as directed.
- Finish the entire course of antibiotics if prescribed.

Signs of Complications:

- Contact your oral surgeon immediately if you experience:
 - Severe pain not relieved by prescribed medication.
 - Persistent swelling or signs of infection (fever, chills, pus).
 - Difficulty breathing or swallowing.
 - Numbness or tingling that persists beyond 48 hours.

Follow-Up Appointment

- Attend your scheduled post-operative check-up to ensure proper healing. Please call (571)685-8037 to make a follow up appointment if you do not have one scheduled.

Emergency Contact:

- If you have questions or concerns, contact our surgeons.
 - Dr. Combs: (719)237-2457
 - Dr. Guraya:(434)906-0559
 - Dr. Perez: (240)630-1106