

Harmony Dental Arts
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Wisdom Tooth Extractions

Bite with light, steady pressure for 1 hour on the gauze placed in your mouth in a office

Mild bleeding after surgery is normal...If you still have bleeding after 3-4 hours, raise your head higher than the rest of your body. Then bite with a firm pressure on a moist gauze pad or wet tea bag for 20 minutes. If bleeding does not stop call 973-777-2731

- Do not rinse or spit for 24 hours after surgery.
- Keep fingers and tongue away from socket or surgical area.
- Use ice packs on surgical area (side of face) for first 24 hours, apply ice 20 minutes on - 10 minutes off. Bags of frozen peas work well.
- For mild discomfort take Tylenol or Ibuprofen every three to four hours.
- For severe pain use the prescription given to you.
- Drink plenty of fluids. (Do not use a straw)
- If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles, as well as the use of warm, moist heat to the outside of your face over these muscles.
- After the first post-operative day, use a warm salt-water rinse following meals for the first week to flush out particles of food and debris, which may lodge in the surgical area. (1/2 teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste.)
- Diet may consist of soft foods, which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, chips, etc.
- We suggest that you do not smoke for at least 5 days after surgery. Nicotine may break down the blood clot and cause a "dry-socket," which is an undesirable side effect.
- After 24 hours, some mild bleeding may persists. Continue to take your medication if pain persists.
- You may expect swelling for ten days to two weeks and a fever of 99 degrees F to 100 degrees F.
- 24 hours after surgery, rinse mouth gently with a solution of one-half teaspoonful of salt dissolved in a glass of water. Repeat after every meal or snack for seven days. Rinsing is important because it removes food particles and debris from the socket area and thus helps prevent infection and promotes healing.
- After 24 hours, brush tongue with a dry toothbrush to keep bacteria growth down, but be careful not to touch the extraction site. Resume your regular tooth brushing, but avoid disturbing the surgical site so as not to loosen or remove the blood clot.
- If you have heavy bleeding, severe pain, continued swelling two or three days, or a reaction to the medication, call our office immediately at 973- 777-2731

