

After wisdom tooth extraction

Dr. Jason Hwang

After an extraction, it is important for the blood clot to form within the socket. This is why we ask you to:

1. Bite on gauze for 45min after the appointment
2. Do not rinse vigorously
3. Do not suck on straws
4. Do not smoke
5. Do not drink alcohol
6. Do not brush teeth next to the extraction site for 72hrs
7. Limit vigorous exercise for the next 24hrs; this will increase blood pressure and may cause more bleeding
8. Take pain medications as prescribed
9. Drink lots of fluid and eat nutritious soft food on the day of the extraction; you can eat normally as soon as you are comfortable
10. Place an ice pack to the side of your face where surgery was performed

Swelling is a normal occurrence after surgery. It will begin to subside after 48hrs. Use an ice pack.

If antibiotics are prescribed, continue to take them for the indicated length of time even if signs and symptoms of infection are gone.

Resume your normal dental routine after 24hrs, this will speed healing and help keep your mouth fresh and clean.

Call us if you have:

1. Heavy bleeding
2. Severe pain
3. Continued swelling for 2-3 days
4. Have a reaction to the medication

Complications:

If numbness of the lip, chin, or tongue occurs there is no cause for alarm. This is USUALLY temporary in nature. Immediately call if you have any questions.

Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, call us. Tylenol or ibuprofen should be taken to reduce the fever.

If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with lip balm or vaseline.

Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is not uncommon.

A dry socket is when the blood clot gets dislodged prematurely from the tooth socket. Pain at the surgical site and even to the ear may occur 2-3 days following surgery. Call us if this occurs.

What do we mean by soft food diet?

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For breakfast

Yogurt, eggs, soft crustless bread. Oatmeal or cold cereal will soak up milk and become mushy.

For Lunch and Dinner

Soup, mashed potatoes, pasta, macaroni and cheese, fish, tuna salad, egg salad.

Other soft foods

Applesauce, cottage cheese, Avocado, pudding, ice cream, muffins, milkshakes, fruit smoothies, jello.