



INSTRUCTIONS AFTER WISDOM TOOTH REMOVAL

- Take the painkillers and other medications as instructed by the dentist
- You may
 - experience varying degrees of pain depending upon the type of extraction, swelling or stiffness for 2 or 3 days after the operation, which will gradually improve in 7-10 days
 - be able to feel small fragments of bone with your tongue, which are in fact the edges of the tooth socket that will soon disappear as the gum heals
 - have a feeling of comfort and a less crowded mouth
 - have a dirty taste in mouth
 - have tingling or numbness of the face, lips or tongue, in rare cases
- To bring down swelling, apply cold gently using a cloth or ice pack on the face around site of swelling and alternate with hot cloth / pack.
- In case of bleeding of the gums,
 - Fold a piece of gauze and place it on the bleeding gum and bite on it for at least 20 minutes.
 - Avoid rinsing the mouth out or lying down until the bleeding has stopped
 - Avoid hot foods or drinks
- Avoid strenuous activity for a few days
- For extra comfort at night, use an extra pillow to support your head

Brushing and rinsing

- Avoid rinsing the mouth vigorously out during the first 24 hours to prevent dislodging of the blood clots that aid in the healing process
- Rinse the mouth gently after meals with warm salt water i.e., one teaspoon of table salt to a glass of water
- Avoid brushing the area for the first couple of days even as you continue to brush the rest of your teeth normally

Stitches

- Dissolving stitches will usually disappear in 7 to 10 days
- Removable stitches are removed a week after the procedure during the follow up appointment with the dentist

Diet

- Eat soft foods for a few days
- Return to a normal diet once the stiffness in the jaw lessens
- Avoid alcohol, hot fluids such as tea or coffee
- Avoid spicy food
- Avoid smoking until the gum has fully healed, as smoking delays bleeding by causing the wound to bleed

Dentist check ups

- **Follow-up** -Go to the dentist for the follow up visit to check the progress of the treatment in a week
- **Emergency visits** – Contact your dentist immediately if you experience any of the following symptoms:
 - bleeding that does not stop after applying pressure
 - bleeding that lasts for more than half an hour
 - difficulty in breathing or swallowing
 - severe pain that is not helped by painkillers
 - high temperature
 - facial swelling even after three days following surgery

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