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Post Operative Instructions Following Wisdom Tooth Surgery

Please refer to the following instructions and follow them carefully for a faster and easier recovery.

Pain:

- Alternate ibuprofen (Advil, Motrin) 600 mg (Three 200mg pills, every 6 hours) with acetaminophen (Tylenol) 650 mg (Two 325mg pills, every 6 hours) for the first 72 hours.
- A sample schedule is as follows
 - 9am – ibuprofen 600mg
 - 12pm – acetaminophen 650 mg
 - 3pm – ibuprofen 600mg
 - 6pm – acetaminophen 650 mg
- A stronger pain medication may be prescribed if needed. Narcotic pain medication should only be used on an as-needed basis if the above regimen is insufficient. It can be taken at any time in the above sequence.
- Do not drink alcohol or use recreational drugs while taking pain medication

Swelling:

- Swelling to the cheeks and jaw is normal following wisdom tooth surgery and normally peaks 72 hours after surgery. You may additionally experience bruising.
- Apply cold (ice packs, frozen vegetables) 20 minutes on and 20 minutes off, for the first 48 hours, during waking hours
- Transition to warm compress after 48 hours, as needed for comfort
- Anticipate swelling to resolve by 1 week following surgery
- If swelling worsens beyond 72 hours, contact your doctor for further information

Diet:

- Maintain soft food diet for 1 week following extractions. This includes foods that can be easily chewed, such as pasta, oatmeal, flaky fish, ground meat, eggs, soft vegetables, smoothies, or foods of similar textures
- Avoid crunchy foods (chewy breads, potato chips, pretzels)
- Avoid spicy or acidic foods (tomato sauce)
- Avoid seeds

Bleeding:

- Mild oozing bleed can occur in the first 48 hours following wisdom tooth removal. Bite on gauze until bleeding has stopped. Small amount of pink coloration in saliva is normal and does not represent unusual bleeding
- In the rare instance of brisk bleed, pulsatile bleed, or bleeding that does not stop with gauze pressure, contact your doctor immediately

Hygiene

- Brush your teeth with toothpaste 3 times per day following surgery to reduce the risk of infection. Soft tooth brush can be used gently on the gums at the surgical site.
- Rinse mouth with saltwater and allow to gently fall into sink following use.