

Post Operative Instructions Wisdom Teeth Removal



Day of Surgery

- Rest – it is important to have adequate rest immediately after the procedure and in the days following to help your body's natural healing processes.
- Take pain medication 2 – 3 hours after the surgery – do not wait for the pain to start. Pain medications should be taken as instructed (approximately every 4 to 6 hours depending on the active ingredient and dosage amount).
- Do not rinse for the first 24 hours.
- Food consumed the day of surgery should be soft, easy to eat and of a moderate temperature.
- After eating, gently clean teeth with Savacol antiseptic mouth rinse by dipping your toothbrush into a small amount of the fluid already dispensed from the bottle. Savacol can be purchased from your local pharmacy. If Savacol brand is unavailable, please consult your pharmacist and purchase a product containing Chlorhexidine Gluconate 2mg/ml.
- Use icepacks to reduce swelling for 6 – 10 hours after the procedure.

Day after Surgery

- Start gentle rinsing of the mouth with Savacol (chlorhexidine) antiseptic rinse **6 times a day**.
- Gently brush your teeth and the removal sites with the antiseptic rinse to keep the area free of plaque. Brushing the stitches carefully will help to remove plaque and speed up your healing.
- A soft diet in the days after is important. Food particles can become trapped in the sockets. If this occurs, make sure the food is gently flushed from the area immediately. If food becomes stuck in an open socket, irrigate the area using Savacol and the monoject syringe inside your post operative folder.

Remember

It is normal to experience pain and swelling for up to a week after your operation. This may limit your mouth opening, which will ease as the swelling subsides.

It is normal to feel numb for several hours after your procedure from a long acting local anaesthetic designed to help manage pain in the post-operative period.

If there is severe pain after three days, you may have a dry socket. Please contact the surgery so we can arrange an appointment for you. Pain should have eased markedly by day 3.

Some post-operative oozing is normal for up to 3 days. However, if you are bleeding profusely (ie the mouth fills with blood in 1-2 minutes) please contact the surgery immediately. Likewise, should you have any concerns or questions after your procedure, please do not hesitate to contact the surgery on 9316 0555. If you are experiencing any difficulties or an emergency after hours, please contact Dr Orb directly on 0414 670 614.