

Post-Operative Instructions – Wisdom Teeth

If you are biting on a gauze pad, maintain the pressure for at least half an hour, then remove it from your mouth.

Do not rinse your mouth today, but tomorrow rinse with warm salt water or mouthwash at least 3 times a day for a week.

Avoid hot foods and drinks today and avoid smoking for at least 48 hrs (ideally 5 days no smoking).

Alcohol should be avoided on the day of treatment

It is normal to feel significant pain when the anaesthetic wears off. It is advisable to take pain relief tablets before the numbness wears off as directed by the pain advice information sheet. Significant pain will usually last for at least 5 days and you are likely to need strong pain relief during this time.

After the removal of wisdom teeth and some other surgical procedures, substantial swelling of the face and bruising is common. Swelling usually peaks at 48 hours and slowly subsides after that. Swelling and bruising will usually last at least 5 days. Use an ice pack for no more than 10 minutes at a time if it gives you relief. Restricted jaw opening or aching will usually last for 2 weeks or more.

It is normal to have some blood in your mouth on the day of surgery. If a lot of bleeding recommences, the following should be carried out:

- * Clean the mouth of any blood by rinsing gently with water.
- * Fold the spare gauze or a handkerchief into a tight pad, place over wound and bite down applying pressure.
- * It usually feels sore, but this is normal. Keep this up for at least one hour.
- * If bleeding continues, please call the surgery. Some blood in your mouth and red tainting of saliva is normal on the day of surgery.

If pain is still significant or worsening after 5 days, or you are uncertain about anything else please don't hesitate to contact the surgery on: **54432011**.

Dry Socket

Dry socket is a painful inflammatory condition that can occur in your tooth socket a few days after a tooth is extracted. It is not an infection. The condition usually develops when a blood clot fails to form in the socket, or if the blood clot comes loose. Dry socket occurs in approximately 5% of all tooth extractions, and 30% of wisdom tooth extractions. It is much more common in smokers or difficult extractions in the lower jaw.

Normally, the blood clot that forms after a tooth is removed promotes healing, laying the foundation for the growth of new bone and gum tissue. When the clot is missing the exposed bone socket becomes irritated.

Symptoms usually start 4-5 days after the extraction. The condition will manifest itself as an increasing severe pain that doesn't subside, and is different from the initial post-surgery pain. You may also have an unpleasant taste in your mouth and bad breath.

Call our practice right away if you notice any symptoms of a dry socket and we can help you by washing out and placing a special pain relieving dressing in the socket, and very occasionally antibiotics if there are also signs of infection.