

## Wisdom Tooth Surgery Pre-operative Instructions

Items that we advise you purchase prior to your surgery include the following:

### **Painkillers:**

Ibuprofen 200mg tablets (Neurofen)

Paracetamol 500mg tablets (Panadol)

You may be given a prescription for additional pain relief on the day

### **Mouthwash:**

Savacol alcohol free mouthwash can reduce the risk of dry socket if used 2 to 3 times a day for one week following surgery.

### **Extra Soft Toothbrush:**

It is important to continue to clean teeth adjacent to the surgery site, a softer toothbrush will be more comfortable.

### **Food:**

You must not eat hot food or drink when you return home on the day of surgery. It is advisable to have soft, cold foods available, such as yoghurt, smoothie, ice-cream etc...

Soft foods (hot or cold) that are easy to chew and can be eaten with restricted mouth opening will be ideal in the first 5 days following surgery.

### **Ice Packs:**

Although there is no good evidence that the use of ice packs following wisdom tooth surgery improves the recovery outcomes, some people feel that it is of benefit to them. Take care not to burn skin especially if still numb, and do not apply ice for longer than 10 minutes at a time.

### **Antibiotics:**

Routine Antibiotic use after Wisdom Tooth Surgery is not indicated.