



POST-OPERATIVE CARE INSTRUCTIONS

PATIENTS WHO HAD A WISDOM TOOTH EXTRACTION

- For the first six hours after the surgery, unless instructed otherwise by your doctor, gently apply ice pack on the operated area (alternate the ice in ten minutes intervals- 10 minutes on/10 minutes off).
- For the first five days, eat room temperature or cold liquid foods (yogurt, milkshake, ice cream, soft cheese, baby food, minced meat) only, avoid hot foods.
- During the recovery period, strictly avoid chewing crunchy and hard foods.
- Avoid chewing on the operated area until the dentist will consider the full recovery.
- Do not stretch the lips to view the wound and do not touch the operated area.
- Do not use toothbrush, dental floss or interdental brush on the operated area.
- Gently rinse the mouth three times a day with a chlorhexidine 0,12% mouthwash until stitches removal or instructed otherwise by your doctor. Hold the mouthwash for one minute without rinsing and avoid eating or drinking for at least half-hour.
- Do not smoke for at least ten days.
- Avoid exerting physical effort or intense physical activity during the recovery period, especially during the first few days.
- For the first 24 hours, gently place ice pack on the operated area, unless instructed otherwise by your doctor.
- Avoid water sports until full recovery.
- Sleep with two pillows, for at least two nights.
- Swelling and/or hematoma right after surgery is normal. The maximum amount of swelling usually appears on the third day after the surgery.
- Stitches will be removed after 7-14 days from the surgery. – Take all the medicines as prescribed.
- Full recovery for this kind of surgery is strictly related to the patient's collaboration and his/her post-operative approach.