



## **Care of Mouth After Wisdom Teeth Extractions**

1. Removal of impacted wisdom teeth and surgical extraction of teeth is quite different from the extraction of erupted teeth. It is a surgical procedure. Post-operative problems are not unusual, and extra care must be taken to avoid complications.
2. The severity of post-operative pain will vary from person to person and be in part related to the specific procedure required to remove your wisdom teeth.
3. Swelling can be expected and will usually peak on the second or third day. An ice bag can be used (15 minutes on and 15 minutes off) for up to 24 hours to help prevent excessive swelling and discomfort.
4. Trismus (stiffness) of the muscles may cause difficulty in opening your mouth widely. Use warm, moist heat to the side of your face to help relax these muscles. Discomfort upon swallowing should be anticipated.
5. Numbness of the lips and/or tongue may be experienced for a variable length of time.
6. Your other teeth may ache temporarily. This is a referred pain and is a temporary condition.
7. If the corners of your mouth are stretched out, they may dry and crack. Keep your lips moist with ointment.
8. It is not unusual to develop bruising on the sides of your face.
9. Keep your fingers and tongue away from the socket or surgical area as this can interfere with healing.
10. Drink plenty of fluids. (Do not use a straw—this creates suction in the mouth that could cause complications.)
11. We suggest that you do not smoke for at least 5 days after surgery.
12. Avoid strenuous activity and do not exercise for at least 3-4 days after surgery. After that, be careful: your regular caloric and fluid intake have been reduced, so you may get light headed, dizzy, or weak.
13. Your diet should consist of mainly soft, easily swallowed foods and cool drinks. Avoid anything that might get stuck in your teeth, so no seeds, nuts, rice, popcorn, or similar foods.
14. Do not rinse or spit for 24 hours.
15. Beginning the day after surgery, use a warm salt-water rinse following meals for the first week to flush out particles of food from the surgical area. (Mix ½ teaspoon of salt in a glass of warm water.)
16. If you have severe pain or swelling that lasts longer than 2-3 days, please call the office.

**[Care instructions continued on reverse side.]**

**Dr. Brian W. Heck, DDS, PA**

Office: (785) 856-8550  
Cell: (785) 691-9545

**Dr. Clay Beshore, DDS**

Office: (785) 856-8550  
Cell: (785) 840-8271

**Dr. Patrick Moriarty, DDS**

Office: (785) 832-2882  
Cell: (785) 218-0455

**Dr. Cody Welding, DDS**

Office: (785) 856-8550  
Cell: (817) 705-4295

17. If you have an increase in pain or swelling after 3-4 days, please call the office.
18. You will be provided with medication for discomfort that is appropriate for you. In most cases, a non-narcotic pain regimen will be given consisting of one *Acetaminophen 500mg* (Tylenol) and two *Ibuprofen 200mg* (Advil) taken every 4 hours. These two medications, taken together, will be as effective as a narcotic without any of the side effects associated with narcotics. If a narcotic has been prescribed, follow the directions carefully. You may take Ibuprofen with the narcotics, but not the Tylenol. If you have an allergic reaction to any medication, such as a skin rash or hives, stop the medication and call the office. If you have any questions about these medications, interacting with other medications you are presently taking, please call the office.

Companion Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If patient uses sedation, companion must sign.)

**Dr. Brian W. Heck, DDS, PA**

Office: (785) 856-8550

Cell: (785) 691-9545

**Dr. Clay Beshore, DDS**

Office: (785) 856-8550

Cell: (785) 840-8271

**Dr. Patrick Moriarty, DDS**

Office: (785) 832-2882

Cell: (785) 218-0455

**Dr. Cody Welding, DDS**

Office: (785) 856-8550

Cell: (817) 705-4295