**After Wisdom Teeth Extraction Surgery**

It is important to allow the gums to heal and a blood clot to form after having any tooth extraction surgery. In most cases, the sites will stop bleeding and swelling will dissipate within the first few days after your procedure.

After your extractions, bleeding is normal until a blood clot forms. We will ask for you to bite down on gauze for 30-45 minutes after surgery to stop the bleeding. If bleeding is still occurring after a few hours, call our office for instructions.

* During the first day after your procedure, follow these precautionary steps: Use over-the-counter medications for discomfort or pain medications as prescribed. Pain will usually subside within a few days.
* Place ice packs on outside area of face for twenty minutes on/off for 36 hours after surgery to help with inflammation.
* Get plenty of rest and keep head elevated. Sleep in a semi-reclining position for 2-3 days after surgery.
* Drink ample amounts of fluids to aid in recovery.
* For the first 24 hours only soft, cool/cold foods such as: ice cream, milk shakes, smoothies, pudding, applesauce, yogurt, Jell-O, cottage cheese, etc.
* On the second day, warm foods and liquids may to introduced to include: mashed potatoes, eggs, creamed soups or broth, macaroni and cheese, pasta, oatmeal, etc. Avoid spicy and sharp foods, i.e. (Doritos, chips, salsa)
* Do not forcefully rinse your mouth on the day of surgery. Use prescription rinse in the days after surgery to aid in healing. Use salt water in curved utility syringe to flush debris after meals four days later.
* Do not smoke, drink from a straw, drink alcohol, or strenuously exercise for approximately one week.
* You may gently brush your teeth, but be gentle around the area where the tooth/teeth were removed.
* Swelling is a normal occurrence. It will likely happen around day two to three and last about five days.
* In some cases, discoloration of the skin follows swelling. The development of black, blue, green or yellow discoloration comes from bruising beneath the tissues. This is a normal post-operative occurrence, which may remain two to three days post-operatively. Beginning 36 hours after surgery, moist heat may be applied to the area which may speed up the removal of discoloration.
* You may also experience a sore throat or have cracked corners on your lips. A slight elevation in your temperature is expected, but it should subside within 48-hours—if it does not, call our office.

Our team will advise you on any warning signs of complications from wisdom teeth extraction surgery. Please do not hesitate to contact **Stafford Oral Surgery & Specialists** if you have any questions or concerns after your procedure. Please call **540-779-0170** for any assistance. If it is after hours, you will be directed to the doctor on call. For a medical emergency-**call 911**