



POST-OPERATIVE INSTRUCTIONS: EXTRACTION OF WISDOM TOOTH/TEETH

1. BLEEDING

- Bite firmly on the provided gauze for **30-45 minutes** after surgery.
- If bleeding continues, replace with a fresh gauze pad. Fold several times and dampen the gauze prior to applying firm pressure for another **30 minutes**.
- Slight oozing or pink saliva is normal for **24-48 hours**.
- If bleeding is heavy or persistent:
 - Continue to apply **firm pressure** to your extraction socket(s) by biting on moist gauze.
 - Gently rinse or swish with **ice cold water**.
 - Bite on a **moist black tea bag** for 30 minutes.

2. PAIN MANAGEMENT

- Take **Ibuprofen (600 mg) and Tylenol (1000 mg) every 6 hours, around the clock, for the first 48-72 hours** after surgery, even if pain is minimal. This helps control inflammation and prevent pain from escalating.
- Consider **taking with food** or **staggering doses every 3 hours** to avoid upsetting your stomach.
- After 72 hours, continue as needed.
- If prescribed stronger pain medication, take it as directed **only if needed**, and avoid driving or operating machinery while taking it.

3. SWELLING & BRUISING

- Swelling is expected and typically peaks around **48-72 hours** post-surgery before gradually improving.
- Apply **ice packs** to both sides of your face **20 minutes on, 20 minutes off** continuously for the first **48-72 hours** to minimize swelling.
- Try to keep your head elevated when resting or sleeping for the first **2-3 days**.
- Bruising on the cheeks or under the jaw is normal and will resolve over time.

4. DIET

- Stick to **soft, cool foods** (smoothies, yogurt, soup, mashed potatoes, scrambled eggs) for the first **3-5 days**.
- Avoid **hot (temperature), spicy, crunchy, or chewy foods** that may irritate the surgical sites or cause bleeding.
- Gradually progress diet to more normal foods as tolerated.
- Do not use **straws, carbonated drinks, or alcohol** for **5 days** to prevent complications.
- Stay well hydrated and avoid skipping meals, even if your appetite is reduced.

5. ORAL HYGIENE

- Resume normal oral hygiene (gentle brushing/flossing) right away taking care to avoid the areas where surgery was performed.
- Avoid vigorous rinsing or spitting for **3-5 days**.
- If you were prescribed an antimicrobial mouthrinse, you may gently rinse with it **twice** per day.
- Gently rinsing with **warm salt water (½ teaspoon salt in 8 oz of warm water) 3-4 times daily** can be used as an alternative.

6. PHYSICAL ACTIVITY

- Limit physical activity for **3-5 days**. Avoid strenuous exercise, bending over, or lifting to prevent bleeding and swelling.

7. SMOKING & VAPING

- **Do not smoke or vape for at least 7 days**. Smoking significantly increases the risk of **dry socket** and poor healing.

8. DRY SOCKET PREVENTION

- Dry socket is a painful condition that can occur when the blood clot is lost prematurely.
- To reduce your risk:
 - Avoid **suction** (no straws, spitting, or smoking) for the first **5-7 days**.
 - Avoid disturbing the surgical areas with your tongue or fingers.
 - Follow all pain management and hygiene instructions closely.

9. JAW STIFFNESS & OPENING

- Jaw soreness and stiffness are normal, especially after removal of lower wisdom teeth.
- Begin **gentle jaw stretching exercises** on the **third day** after surgery to help restore normal movement.
- Apply **warm compresses** and continue with soft food until full range of motion returns.

10. SINUS PRECAUTIONS (IF APPLICABLE)

- If upper teeth were close to the sinuses, you may experience mild nasal congestion or slight bleeding from the nose.
 - Avoid **forceful nose blowing** for **2 weeks**.
 - Sneeze with your mouth open to prevent pressure buildup.
 - Contact our office if you experience persistent **sinus pressure, drainage, or unusual pain**.

11. SIGNS OF COMPLICATIONS – CALL US IF YOU NOTICE:

- **Persistent or excessive bleeding** beyond 24 hours.
- **Severe pain** not relieved by medication.
- **Swelling that worsens after 3 days** instead of improving.
- **Fever (101°F or higher), chills, or pus-like drainage.**
- **Difficulty breathing, swallowing, or persistent numbness.**
- **Bad taste, foul odor, or intense pain starting several days after surgery** (possible dry socket).

For any concerns, call our office at **(623) 304-7701**. If after hours, you may contact Dr. Fryberg directly at **(310) 595-4903**. Scan the QR code below to save his contact details.



Thank you for trusting us with your care!