



Post-Operative Instructions for Wisdom Tooth & Tooth Extraction



- Use cold compress for 30 minutes to 1 hour right after surgery (for wisdom tooth and surgical tooth removal only)
- Bite the gauze firmly for a full hour to stop bleeding. If severe bleeding persists, change to a new gauze and continue biting firmly for another 30 minutes to 1 hour change gauze every 1 hour or until bleeding stops.
- If bleeding still persists, please contact the clinic for a follow-up appointment
- Do not brush your teeth, Do not rinse or use mouthwash for 24 hours after surgery.
- After 24 hours, you can brush your teeth as normal (gentle brushing), but do not brush the wound. You may rinse with normal saline solution or warm salt water (1/2 teaspoonful of salt in a glass of water)
- Take only soft, non-spicy and cold foods, if possible, for 2-3 days.
- Avoid smoking and alcohol intake.

- You may continue your regular daily activities, avoiding excessive exertion of any type, such as golf, tennis, swimming or sunbathing.
- Mild pain can be controlled with analgesics (Pain relieve medication) as prescribed.
- Sleeping on thick pillows during night time may help reduce swelling.



- If non dissolvable sutures (stitches) were used, an appointment will be needed to remove the sutures in 7-10 days.
- If dissolvable sutures were used, sutures should dissolve in 2-3 weeks. If the sutures still present, please make appointment for sutures removal.

Urgent signs you should contact or visit the dentist or emergency room immediately are as follows:

- Excessive bleeding occurs.
- Severe pain is present.
- Marked swelling occurs.



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