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## Wisdom Teeth Removal: Post-Operative Care Guide for a Smooth Recovery

Congratulations on getting your wisdom teeth removed! Now comes the crucial part: post-operative care. Here's a comprehensive guide to help you navigate the recovery process smoothly and maximize healing:

### Pre-Operative Care:

- **Prepare for Recovery:** Stock up on soft foods, ice packs, saltwater rinse, and any prescribed medication.
- **Discuss Concerns:** Talk to your dentist about potential risks and recovery expectations.
- **Arrange Transportation:** Secure a ride home after surgery due to potential numbness.

### Immediate Care (First 24 hours):

- **Rest & Elevation:** Rest comfortably with your head elevated to reduce swelling.
- **Ice Therapy:** Apply ice packs to your cheeks for 15-minute intervals, 2-3 times an hour, to minimize swelling.
- **Bleeding Management:** Expect slight bleeding. Apply gentle pressure with gauze for 10-15 minutes. Contact your dentist if bleeding persists.
- **Pain Management:** Take prescribed pain medication as directed (1 tablet 800 mg Motrin **combined** with 500 mg extra strength Tylenol taken every 6 hrs as needed for pain)
- **Medrol dose pack** (instructions on package) if prescribed
- **Avoid alcohol and blood-thinning medication** like aspirin ask your physician if its a prescribed Asprin medication.
- **Soft Diet:** Stick to soft, cold foods like ice cream, yogurt, or applesauce. Avoid hot, spicy, or crunchy foods.

### Days 2-7:

- Oral Hygiene: Brush gently around extraction sites with a soft-bristled toothbrush. Use saltwater rinse after meals to keep the area clean. Avoid vigorous rinsing or spitting..
- Pain Management: Pain should gradually decrease. Contact your dentist if it worsens or persists.
- Diet Progression: Gradually introduce firmer foods as tolerated, avoiding chewing directly on the extraction sites.
- Activity Restriction: Avoid strenuous activity for the first week. Gradually increase activity as you feel up to it.

### General Tips for a Smooth Recovery:

- No Smoking & Alcohol: These can hinder healing and increase infection risk.
- Adequate Sleep: Aim for 7-8 hours of sleep each night to prioritize healing.
- Stress Management: Practice relaxation techniques like deep breathing or meditation to support healing.
- Communication: Contact your dentist immediately for any unusual symptoms like severe pain, fever, or swallowing difficulty.