

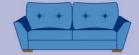
• FIRST WEEK INSTRUCTIONS •

After Wisdom Teeth Removal

- Once home, take out gauze pads. If still bleeding, use new gauze and rest with ice pack.
- 2 Eat something and take medication only as needed and directed.



- Use an ice pack as much as possible the first 24 hours to reduce swelling then switch to heat on the second day.
- Take it easy and relax at home for a couple days.



Maintain a soft diet this week.
Do NOT use straws.



The day after surgery, start brushing and rinse with warm saltwater.



- 7 No heavy lifting or strenuous activity for one week. Feel free to request an excuse note if necessary.
- R Call us any time with questions or concerns!