



• FIRST WEEK INSTRUCTIONS •

After Wisdom Teeth Removal

1 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.



3 Use an ice pack as much as possible the first 24 hours to reduce swelling then switch to heat on the second day.

4 Take it easy and relax at home for a couple days.



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



6 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.

8 Call us any time with questions or concerns!