



Post Wisdom Tooth Surgery: Aftercare & Recovery

1. Immediate Aftercare

- Bite gently on the gauze provided to help control bleeding.
- Avoid rinsing, spitting forcefully, or using a straw, as these can dislodge the blood clot.
- Rest at home and keep your head slightly elevated when lying down.
- Apply an ice pack to your cheek in 15 to 20 minute intervals.
- Light oozing is normal, but if heavy bleeding continues for several hours, contact the clinic promptly.

2. Managing Pain and Swelling

- Take prescribed or recommended medication as directed (e.g., paracetamol or, if prescribed, anti-inflammatories such as etoricoxib).
- Continue using an ice pack on your cheek during the first 48 hours to control swelling.
- Switch to warm compresses if you develop jaw stiffness, as heat relaxes muscles and improves circulation.

3. Oral Hygiene After Surgery

- On the first day, brush your other teeth as normal but avoid the extraction site.
- From the second day, rinse gently with the mouthwash provided by your dentist several times daily.
- Avoid vigorous rinsing, spitting, or using commercial mouthwash too early, as this may disturb healing.

4. Eating and Drinking

- **For the first few days:** stick to soft foods such as yoghurt, mashed potatoes, chawanmushi, congee, silken tofu, or smoothies without seeds.
- **Avoid:** hard or crunchy snacks, spicy dishes, very hot foods or drinks, and straws.
- Drink plenty of fluids such as water, diluted juices, or warm herbal teas.

Need Help? Contact us at **96671828**. **For emergencies, dial 995.**

True Dental Studio wishes you a speedy recovery.