



Wisdom Tooth / Impacted Tooth Removal Instructions

The removal of impacted teeth is often times an involved surgical procedure. Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully. Common sense will often dictate what you should do.

Special Considerations

- If slight numbness of the lip, chin, or tongue persists there is no cause for alarm. As stated before surgery, this is usually temporary in nature. You should be aware that if your lip or tongue is numb, you could bite it and not feel the sensation. So be careful. Call our office if you have any numbness that persists after your day of surgery.
- There will be a cavity where the tooth was removed. The cavity will gradually fill in over the next month with new tissue but until it does it is important to keep it clean. Starting the day after surgery the area should be kept clean especially after meals with salt-water rinses. After post op day 5, the Monoject syringe provided to you can be used to irrigate deeper inside the cavity – this is the single most important aspect of your care that will prevent infection.
- Fever immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol® or Ibuprofen should be taken to reduce the fever.
- You should be careful going from the lying down position to standing. You were not able to eat or drink prior to surgery. It was also difficult to take fluids. Taking pain medications can make you dizzy. You could get lightheaded when you stand up suddenly. Before standing up, you should sit for one minute then get up.
- Occasionally, patients may feel hard projections in the mouth with their tongue. They are not roots; they are the bony walls, which supported the tooth. These projections usually smooth out over time. If you have any concerns or the projections last beyond 3 months, please contact our office.
- If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline or Aquaphor.
- A sore throat and pain when swallowing is not uncommon. This will usually subside in the first week.
- Intense swelling is very common with this procedure. Typically, the swelling will peak at 3 days after surgery. Please follow the General Post-Operative Instructions to minimize swelling.
- In some cases, discoloration of the skin follows swelling. The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur in the first week after surgery. Moist heat applied to the area may speed up the removal of the discoloration.
- Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event, which will resolve in time. The application of heat and gentle stretching after 72 hours will help improve this symptom.

Each case will differ, no two cases are alike. Do not accept well-intended advice from friends. If you have any questions or concerns please discuss them with our office. We are here to support and help you throughout your recovery.

THE ABOVE INSTRUCTIONS ARE PROCEDURE SPECIFIC AND ACCOMPANY THE GENERAL POST-OPERATIVE INSTRUCTIONS