



Palladium Dental

Wisdom Tooth Extraction: Post-Operative Care

- Bite on gauze with pressure over the surgical area for approximately one hour.
- Do not spit or rinse post-operatively for about 12 hours.
- Avoid hot meals and drinks for 12 hours post-operatively. Consume a soft diet for 1-2 days following the procedure.
- Avoid drinking beverages with a straw for 24 hours post-operatively.
- Do not drink carbonated beverages (soda).
- Apply cold/ice pack on face as instructed for at least 4-5 hours following surgery.
- Avoid smoking for at least 3 days post - operatively.
- Avoid all alcoholic beverages for at least 24 hours post - operatively.
- Avoid excessive physical activity.
- If bleeding persists, bite on tea bag soaked in water and place over the area.
- Rinse with warm salt water 24 hours after procedure to keep the area clean. Continue rinsing for one week.
 - Facial swelling often occurs following oral surgery. Conditions will improve slowly within 4-5 days.
 - Pain medications can be taken if advised. All antibiotics if prescribed must be taken according to instructions.
 - Brush teeth as usual.
 - If bleeding cannot be stopped, please contact our clinic or nearest emergency unit for further instructions.