

## **Post-op instructions Wisdom Tooth Surgery**

Please read the following points of care to make your recovery smoother.

### **First 24 hours**

#### **DO's**

1. Gently bite on the cotton/gauze pack kept in your mouth for 30-45 minutes.
2. Remove the pack and have a cup of ice-cream (or any other suitable cold and soft eatable like yogurt/custard). Follow it with your first dose of medication.
3. Perform cold fomentation on the side of tooth removal as explained.
4. Sleep with mild elevation of the head.

#### **DON'Ts**

1. Do not spit or rinse your mouth.
2. Do not consume hot/hard/spicy food.
3. Do not consume tobacco/tobacco products/alcohol.
4. Do not bite on lip or tongue till the anesthesia completely wears off.
5. Do not apply hot packs.

### **After 24 hours**

1. Resume your daily routine.
2. Do not restrict your mouth opening in anticipation of pain. Some amount of soreness is expected but report to the doctor in case of pain or restriction in mouth opening.
3. Avoid excessively hot/spicy/hard food for 3-5 days depending upon your recovery.
4. Start with warm salt water rinses 5-7 times a day after 24-36 hours of surgery.
5. Take your medicines as prescribed and report to the clinic/doctor in case of any emergency.
6. Please get your stitches removed (if required) in time as advised by the doctor.
7. Kindly respect your follow-up appointment.

***We wish you a speedy and uneventful recovery!***

***-Team Indiadens***