



After Wisdom Teeth Extractions

If any complications or problems arise, please contact Centre dentaire de la Rive at 450-755-3368.

1. **PAIN:** Take your medication as prescribed. Pain is normal but may vary from person to person.
2. **BLEEDING:** Place a small, clean, folded gauze pad over the wound. Gently bite down to apply slight pressure to the area and hold for 30 minutes. Repeat until the bleeding stops. If bleeding persists, replace the gauze with a wet tea bag, bite down for about 30 minutes or until the bleeding stops.
3. **SWELLING:** Apply an ice pack wrapped in a damp towel for at least 20 minutes every hour. After a complex extraction (including wisdom teeth), swelling is normal and should not be a cause for concern. It may persist for up to 72 hours after surgery.
4. **DIET:** Plan for a soft diet for the first two days. After that, you can eat normally, taking smaller bites and avoiding contact with the wounds.
5. **RINSING AND HYGIENE:** Start rinsing your mouth 24 hours after surgery using a mixture of water and salt (2 teaspoons of salt per liter of warm water). Rinse several times a day. Avoid spitting or drinking through a straw during the first 24 hours—let the liquid fall from your mouth. You can brush your teeth on the day of the surgery but avoid touching the wounds for one week.
6. **SKIN DISCOLORATION:** Skin discoloration may occur, which is normal and should disappear in about one week.
7. **STITCHES:** The stitches will dissolve in approximately 3 weeks to 1 month after the surgery.
8. **BAD BREATH:** A bad taste in your mouth is normal after this type of surgery. It will disappear once the wounds are fully healed.
9. **SMOKING:** It is strongly advised to refrain from smoking during the healing process. Smoking may promote bleeding, and the clot protecting the socket could be dislodged, causing pain.
10. **AVOID OVEREXERTION:** Avoid any physical exertion for up to 72 hours after the surgery.
11. **NUMBNESS:** Numbness (paresthesia) of the lip, neck, or chin may occur following the procedure. This symptom should disappear in the weeks or months following surgery. Please inform the dentist if this occurs.