

## Post Operative Instructions after removing your wisdomtooth

The following advice will help you feel more comfortable and will help you to recover fully after this surgery.

### WHAT YOU SHOULD DO

#### TODAY

- Leave the tampon in place for another 30 to 60 minutes.
- Take painkillers before the anesthesia wears off.
- Keep your tongue away from the spot where the tooth was extracted.
- Put ice on your cheek during the first hours (6 to 8 hours).
- Plenty of rest, preferably sitting up, not lying down.
- Eating and drinking is not prohibited but it could cause problems. Today, only take in cold dishes and drinks. Start eating when the anesthesia has worn off, otherwise you might bite your lip unconsciously.

#### NEXT DAYS

- After 24 hours, rinse your mouth with tepid, lukewarm salt water (1 coffee spoon salt in 1 cup of lukewarm water) or use the mouth rinsing that has been prescribed.
- Take painkillers as prescribed.
- It is essential to keep your mouth clean. Brushing of teeth as usual should be continued, eventually use a small soft baby toothbrush.
- For three days after the surgery, smoking and alcohol use are preferably banned.

### WHAT YOU SHOULD NOT DO

The first day, don't rinse, don't suck on the wound and do not smoke. This would cause the clot/lump to break and would cause possible hemorrhaging (bleeding).

## NORMAL AFTER EFFECTS

As a result of this surgery, you may encounter the following after-effects, which by no means should give you reason for concern:

- *Swelling*: you may expect for your cheek to swell. This swelling will be the strongest the second day after the surgery and will come down as from the 4th day.
- *Stitches*: the stitches could be annoying and feel tight. This is normal and will disappear right after the threads have disintegrated.
- *After-pain*: discomfort and pain is normal. Prescribed medication is usually effective. Don't wait until the pain is too strong before taking the pain medication.
- *Temperature*: a light fever is normal within 48 hours. Rest and plenty of drinking is being advised
- *After-bleeding*: the first 12 to 24 hours bleeding is possible. If necessary, insert a new tampon.
- Difficulty to open your mouth, difficulty to swallow, throat pain and ear pain are symptoms that could occur. You should mention this at your next appointment.
- Sometimes it is possible that a post-operative feeling of deafness or a changed feeling at one side of your mouth or lip occurs. This is almost always temporary and will disappear within the next days or weeks. Sometimes it is possible that your teeth "re-arranged" themselves very slightly after surgery. This causes very little discomfort.
- Light pain in the corners of your mouth can be helped by using some Vaseline.
- In case the pain and swelling increase after 4 to 5 days after the surgery, please contact the surgeon immediately.

We wish you a good recovery!

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