



Post–Op After Wisdom Teeth Removal

Immediately after wisdom tooth removal:

- Go home and rest in a semi-reclined position.
- Bite on gauze for 1-2 hours afterward or until bleeding has mostly stopped, expect blood-tinged saliva for multiple days.
- Avoid foods that are: Crunchy or hard, Spicy, Hot, Sour, or require chewing. (Think yogurt, milkshakes, broth).
- Avoid straws/sucking, avoid vigorous swishing and carbonated drinks.
- Do not move around a lot immediately after surgery—this makes you more likely to become ill feeling.
- Drink or eat something as soon as tolerable, and before taking prescription pain medications.
- You will likely require prescription pain medication for 2-3 days and over-the-counter pain medication following that for up to a week.
- You should be able to perform light activities within the 2-3 days following surgery, days 4-7 should be moderate activity, and after a week you should likely be able to resume pre-surgical activity levels.

When to Call Columbia Dental (Call Immediately if you have any of the following):

- Fever >101.5F
- Uncontrollable pain
- Excessive bleeding (Liver-like clots forming in the mouth)
- Difficulty breathing/speaking or any changes in patients breathing or airway
- Any worsening symptoms such as swelling/pain/bleeding
- Or for any condition that concerns you and seems unanswered.