

# Extraction of wisdom teeth

***“Routine Post Operative Instructions following Oral Surgery”* should be followed in addition to these special instructions unique to your surgery.**

## CONTROL OF POST-OPERATIVE BLEEDING

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For wisdom teeth (third molars) the gauze must be folded and placed **DIRECTLY BEHIND** the last molar tooth. If the gauze is between your teeth and not **BEHIND** the molar teeth, the gauze will be totally ineffective.

## DIET AND NUTRITION

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Avoid foods that break down into hard crunchy bits, chips, popcorn, nachos, pretzels, whole grain or crusty breads, seeds, nuts and raw vegetables. These foods are easily lodged in the sockets, and are very difficult to rinse out, possibly causing an infection. **Avoidance of these foods for 6 - 8 weeks is advised.**

## ORAL HYGIENE

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When Wisdom Teeth (third molars) are extracted you should use the syringe routinely after every meal to flush the lower sockets for the next **6 - 8 weeks**, until they are completely healed. Fill the syringe with tap water, then place it directly over the surgical sites or sockets and flush the area as necessary. You may notice food debris being washed from the surgical sites for a period of time. This is normal. Rinse with the syringe until no food debris is present.

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**If you have any questions or problems, do not hesitate to call our office at 454-6565 or 1-800-379-9474.** If your call is not answered by the answering service, hang up and call again in five minutes. We apologize for this inconvenience as the lines may be occupied by other callers. There is an Oral and Maxillofacial Surgeon on call **ALL HOURS OF THE DAY.**

**WE PREFER THAT YOU CALL OUR OFFICE FIRST RATHER THAN YOUR OWN DENTIST OR FAMILY DOCTOR. However, if you are experiencing severe bleeding or breathing problems requiring IMMEDIATE ATTENTION, please proceed to the nearest Emergency Department or Dial 911.**