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DENTAL HOSPITAL

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Post-Operative Instructions for Wisdom Tooth Tooth Extraction

Bangkok International Dental Hospital (BIDH)

Thailand's Specialized Dental Hospital

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Post-Operative Instructions for Wisdom Tooth & Tooth Extraction

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- Use cold compress for 30 minutes to 1 hour right after surgery (for wisdom tooth and surgical tooth removal)
- Bite the gauze firmly for a full hour to stop bleeding. If severe bleeding persists, change to a new gauze and continue biting firmly for another 30 minutes to 1 hour or until active bleeding stops.
- Do not use mouthwash for 24 hours. After 24 hours you may rinse with a solution of ½ teaspoonful of salt in a glass of warm water every 3-4 hours. This is an essential part of the post-operative care. If bleeding still persists, please contact the dental clinic for a follow-up appointment.
- Brush your teeth as normal (gentle brushing), but do not brush the wound.
- Take only soft, non-spicy and cold foods, if possible, for the first 2-3 days.
- Avoid smoking and alcohol intake.
- You may continue your regular daily activities, avoiding excessive exertion of any type, such as golf, tennis, swimming or sunbathing.
- Mild pain can be controlled with analgesics (Pain relieve medication) as prescribed.
- Sleeping on thick pillows during night time may help reduce swelling.

Urgent signs you should contact or visit the dentist or emergency room immediately are as follows:

- Excessive bleeding other than slight staining.
- Severe pain is present.
- Marked swelling occurs.