

Wisdom Teeth Post Treatment Care

Important healing tips after wisdom teeth extraction surgery



- Swelling may be minimized by the immediate use of a cold pack wrapped in a towel, applied firmly to the cheek
- Be very careful not to bite your tongue or the inside of your cheek until the local anaesthetic has worn off
- On the next day you should begin rinsing your mouth with undiluted Hydrogen Peroxide 3%, to keep the area clean
- Swab the stitches with in Hydrogen Peroxide soaked cotton buds.
- Brush teeth carefully with a soft brush – food residues should be removed
- Avoid hot beverages and hot food as well as crunchy and difficult-to-chew foods – good options include rice and soft noodles
- Swelling may increase in the first 3 days, this is quite normal and will subside naturally
- Analgesics inhibit inflammation and have a decongestant effect and therefore should be taken for the first 3 postoperative days
- If a gauze strip has been inserted, it has to be removed by the dentist after 1 – 2 days
- After 6 – 10 days any remaining stitches may be removed