



TCD SPECIALTY GROUP

A Division of Total Care Dental & Orthodontics
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Wisdom Teeth After-Care Instructions

Please review these instructions carefully to **support healing and comfort** after your procedure.

Mild discomfort is normal. Most patients recover quickly with proper care.



What Is Normal After Your Procedure

- Moderate soreness and jaw stiffness for several days
 - Swelling of the cheeks, jaw, or neck
 - Bruising around the jaw or face
 - Light bleeding or oozing during the first 24 hours
- These symptoms are common and should improve each day.*



Controlling Bleeding

- Bite gently on the gauze provided for 30–45 minutes
- Replace gauze as directed if bleeding continues
- Keep your head elevated when resting
- Avoid spitting, rinsing forcefully, or using straws for the first 24 hours



Managing Discomfort

- Take prescribed medications exactly as directed
- Over-the-counter pain relievers (such as ibuprofen or acetaminophen) may be used, unless your provider advises otherwise
- Apply an ice pack to the outside of your face (20 minutes on, 20 minutes off) during the first 24 hours



Eating After Your Extraction

- Wait until numbness has completely worn off before eating, and start with soft foods for the first 24–48 hours
- Avoid hot foods or drinks on the day of surgery, and do not use straws for at least 72 hrs
- Avoid hard, crunchy, or chewy foods and chew away from the surgical sites



Keeping the Area Clean

- Do not rinse vigorously for the first 24 hrs
- After 24 hours, gently rinse with warm salt water if recommended
- Continue brushing and flossing, avoiding the extraction site
- Keep fingers and tongue away from the area



Important

Avoid smoking, vaping, or using tobacco products for at least 72 hours after your extraction. These activities may delay healing and increase the risk of dry socket.

Need help or have questions? We're here for you.

Please contact us promptly if you notice any of the following:

- Severe pain that does not improve
- Swelling that increases after **2–3 days**
- Fever or signs of infection
- A cracked, loose, or missing temporary restoration

Contact our office:  **866-TCD-0003**  www.tcdsg.com