**What to expect after Third Molar Surgery**

Removing wisdom teeth is a significant procedure and you should be prepared for some bleeding, swelling, and discomfort for days after the surgery. After the initial healing, continued jaw tenderness and soreness is expected for up to 6 weeks, where opening your mouth can be difficult or sore. Following these instructions, particularly in the first 3-5 days, will help reduce recovery time and get you back to your normal routine in the most efficient manner. Please contact us if you have any questions, we are here to help.

**Bleeding**: Some bleeding is expected for a day or two after the procedure. Bite down firmly on the gauze for 30-40 minutes, then you may remove the gauze and replace it with fresh gauze. Repeat if necessary. The bleeding will slowly subside but may take several hours, some minor oozing and pink saliva is normal for up to 24 hours. If significant bleeding persists, contact our office.

**Stitches**: We have placed sutures in each surgical area. These will dissolve on their own, usually around 4-7 days. Contact our office if: the sutures come out before 24 hours or if they become irritating after 4 days.

**Swelling**: You should expect to have some swelling in your mouth and jaw. A bag of frozen vegetables or ice cubes should be applied to the area for 20-30 minutes, then off for 20-30, repeated for a few hours. This will help to minimize swelling. Ibuprofen type anti-inflammatory medication will also significantly help with swelling. Doing this for the first day or two will significantly help with your overall recovery, helping you feel much better at 3-6 weeks.

**Pain**: Your mouth will be quite sore for 4-7 days following extraction. Jaw tenderness and soreness will continue for up to 6 weeks, especially when opening wide. The best combination for pain relief is Ibuprofen (Advil, Motrin) 600-800 mg and Acetaminophen (Tylenol) 500-1000 mg every 6 hours. Take the medication with at least 8 oz of water and stay upright for about 20 minutes to reduce stomach irritation. Even if the pain is manageable, follow the ibuprofen/acetaminophen combination for 4-5 days as it helps with overall inflammation, which peaks around day 5. If you are given a prescription pain medication, use that medication only for intense pain, usually in the evening before bedtime. You can take the ibuprofen with the prescription, but do not take acetaminophen with the prescription. If you have kidney problems or otherwise cannot take these medications, consult your pharmacist or our office.

**Rinsing**: Do not rinse your mouth for 1-2 days. After 2 days, you can gently rinse warm salt water after meals to keep the area clean. Do NOT suck on a straw or vigorously swish liquids for 3-5 days after extraction. This will help prevent a dry socket

**Food**: Softer foods are recommended for 7 days. Scrambled eggs, pudding, yogurt, mashed potatoes, soup (luke warm) are good choices. Many people feel nauseous following third molar surgery, being sure to eat and drink something after the surgery and when you take medication will help with the nausea that may arise.