



## **PRE OPERATIVE INFORMATION: EXTRACTION OF WISDOM TEETH**

### **Why remove a wisdom tooth?**

Because wisdom teeth are so far back in the mouth, they are often not needed for chewing and are difficult to keep clean. In most cases, wisdom teeth are impacted – trapped beneath the gum and bone and against the teeth in front of them. They may erupt only partially, often because there is not enough space in the jaw. Partially erupted wisdom teeth may tilt sideways and cause damage to adjacent teeth and they, as well as the gums that surround them are prone to infection, swelling and pain. The surgery is done painlessly with local anaesthetic and I.V. sedation is available for complete patient comfort.

### **What happens after surgery?**

Following surgery you may experience some swelling and discomfort and mild bleeding, which is part of the normal healing process. A soft diet is recommended and you will be prescribed adequate pain medication. If an antibiotic is prescribed, it should start **one** day (as directed) before the surgery and the course must be completed. You will need to be seen for two post-operative appointments:

The first appointment is for one week after the surgery to check and monitor healing.

The second appointment is to remove the sutures if necessary.

There is more information about this procedure on our website at [www.drcaudry.ca](http://www.drcaudry.ca)



## **POST-OPERATIVE INSTRUCTIONS: EXTRACTIONS OF WISDOM TEETH**

**Pre-Surgery medication:** In an antibiotic had been prescribed, it should be started **one** day (as directed) before the surgery and the course must be completed.

**Discomfort:** Pain relief medication will be prescribed. Ibuprofen (600mg) is typically taken every 4-6 hours and Percocet is taken if there is any breakthrough pain. Percocet is a very strong painkiller and we suggest that you only take this in the evening.

**Swelling:** To avoid swelling, use a cold pack (ice or frozen vegetables) on the side of the face 20 minutes on and 20 minutes off for the first 12 hours following surgery. Swelling peaks in 72 hours and you should ice as much as possible during that time frame.

**Bleeding:** It is not unusual to have some slight bleeding. If the site continues to bleed, try to relax and **gently** rinse your mouth with ice-cold water. You may bite on a piece of gauze (or a moistened teabag) keeping constant pressure for 20 minutes. Bleeding can be avoided by keeping your head elevated during the first evening, discontinuing your usual exercise regime for 2-3 days, restricting yourself to a soft diet and by avoiding smoking. Smoking also delay healing and irritates tissues.

**Oral Hygiene:** After surgery, it is important to keep your teeth and mouth as clean as possible. The prescribed antibacterial rinse is to be used twice a day for 4 days beginning the morning after surgery and then applied only locally with a Q-tip. Additionally, warm salt-water rinses (1 tsp in a cup of warm water) can be used several times a day. During the first week, the non-treated areas should be brushed normally.

**Post-operative appointments:** You will be seen for two post-operative appointments at intervals of one week apart. These appointments are short and there is no discomfort.

**Must not rinse for 24 hrs**

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