

Home Care Instructions

Patient Name: _____

Date of Procedure: _____

Dear [Patient's Name],

Congratulations on your successful wisdom tooth removal! It's normal to experience some discomfort and swelling following the procedure. To ensure a smooth recovery, please follow these home care instructions:

1. Pain Management

- Take prescribed or over-the-counter pain medication as directed.
- Apply an ice pack to the outside of your cheek for 15-20 minutes periodically to reduce swelling.

2. Eating and Drinking

- Stick to soft foods (e.g., yogurt, applesauce, mashed potatoes) for the first few days.
- Avoid hot, spicy, or hard foods for at least a week.
- Drink plenty of fluids but avoid using straws for the first few days.

3. Oral Hygiene

- Do not rinse your mouth for the first 24 hours.
- After 24 hours, rinse gently with warm salt water after meals.
- Continue brushing your teeth, but avoid the extraction site for a few days.

4. Activity Level

- Avoid strenuous activities and exercise for at least 48 hours post-surgery.
- Rest as much as possible to aid recovery.

5. Signs to Watch For

- Excessive bleeding or blood clots dislodging.
- Severe pain or swelling after the first few days.
- Fever or signs of infection (increased redness, pus).

If you have any concerns or questions, please do not hesitate to contact our office. Wishing you a speedy recovery!

Sincerely,

[Your Dentist's Name]

[Dental Practice Name]

[Contact Information]