

WISDOM TEETH REMOVAL TIMELINE

Healing from wisdom teeth removal takes approximately one week, if no complications arise. Let's break that time frame down and explain what to expect and do each step of the way.

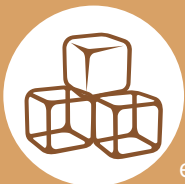


BEFORE THE SURGERY

Arrange for someone 18 years or older to drive you home after the surgery. Your driver must accompany you and wait in the office during your surgery. Do not eat or drink anything for 8 hours before your surgery.

DAY OF SURGERY

Wisdom teeth removal is a simple procedure that takes an hour or less to perform. Wear loose, comfortable clothing with short sleeves on the day of surgery.



DAY 1

Plan to rest; you won't feel like doing much of anything. Expect to be in some discomfort; eating or talking may be difficult. Take pain medication every 4-6 hours. Eat only soft, cold food items. Swollen cheeks are normal; apply ice packs to your jaw for 20 minutes at a time to reduce swelling.

DAY 2

You won't feel like doing much of anything. Expect to be in some discomfort; eating or talking may be difficult. Take pain medication every 4-6 hours. Eat only soft foods, reintroducing warm food items into your diet in the evening. Continue to apply ice packs to your jaw for 20 minutes at a time to reduce swelling, switching to warm moist heat in the evening.



DAYS 3-4

Continue to rest. You'll still be in some discomfort. Take pain medication as needed every 4-6 hours. Apply warm, moist heat to your jaw for 20 minutes at a time to reduce swelling. Chew gum 10 minutes at a time to relieve tight jaw muscles. Starting in the evening of day 3, gently rinse your mouth with warm salt water after meals to clean debris from surgical area. Gently brush teeth and tongue.

DAYS 5-7

Resume normal activities, taking pain medication as needed every 4-6 hours.



Oral & Maxillofacial Surgery
of the Panhandle Region
DR. BRYAN F. BAILEY

4905 Lexington Square Amarillo, TX 79119 | 806.367.9990

If there is an emergency, please call the office for instructions.