

Recovery Timeline



Day of Surgery

Mild bleeding is expected. Use ice and start pain medication before numbness wears off. Rest and stick to soft foods. **Start your antibiotic today.**



Days 2-3

Swelling typically peaks. Continue medications. Begin gentle brushing and mouth rinses.



Days 4-7

Swelling begins improving. Start using the irrigation syringe (if provided). Transition towards normal diet as tolerated.

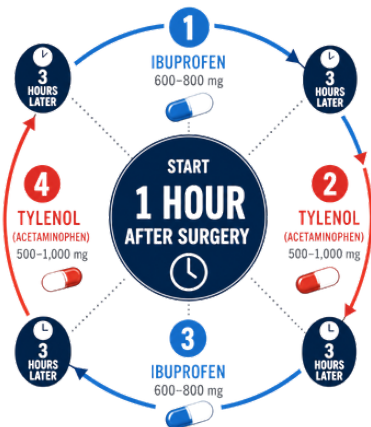


Weeks 1-2

Most patients feel back to normal. Resume regular activities. Healing continues over the next several weeks.

Pain Medication Schedule

Reminder: don't take medications on an empty stomach!



Repeat this pattern for the first 3 days.
Then transition to *as needed*.

BREAKTHROUGH PAIN

If pain is not controlled with the above schedule, **oxycodone** can be used **every 4-6 hours**

- Start with ½ tablet. If needed after 30 minutes, you may take another ½ tablet (and so on up to 2 tablets)
- Do not exceed **2 tablets** in a **4-6 hour** period



If your doctor has told you not to take ibuprofen, or if you are taking a blood thinner, **do not take ibuprofen**. Use tylenol and oxycodone only for pain control, following the instructions provided by your surgeon.

When to Call Us

Call our office or seek immediate medical attention if you experience:



Heavy bleeding that does not subside with firm pressure



Fever greater than 101°F



Pain that worsens after Day 3



Difficulties breathing or swallowing



Persistent vomiting



Any other concern that worries you!

We're Here for You



317-776-0105

Questions after hours?
Call or text our office to speak
directly to Dr. Lora



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Follow @drloraparker for videos, tips and more!

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smooth recovery

Lora Parker, DMD

Diplomate, Board of Oral & Maxillofacial Surgery

A Note from Dr. Lora:



Thank you for trusting our team with your care. We know oral surgery can feel overwhelming, so we've created this guide to answer your most common questions and help make your recovery as comfortable as possible.

If you need us, we're only a phone call away.

The First 24 Hours



Bleeding

- Bite down firmly on gauze for 30-60 minutes
- Replace gauze as needed
- *If gauze continues to be saturated after several hours, bite firmly on a **black** tea bag for 30-60 minutes*
- Slight oozing is normal



Swelling

- Ice packs: 20-30 minutes on, 20-30 minutes off for the first 24-48 hours
- Swelling typically **peaks** around day 2-3



Pain

- Take medications before the numbness wears off
- Follow the medication schedule provided



Rest

- Keep your head elevated
- Avoid strenuous activity
- **No smoking, vaping, or straws**
- Get plenty of rest

Eating & Drinking

Choose soft foods for the first 4-5 days and stay hydrated

Foods to Enjoy



Smoothies
(no straw)



Yogurt



Mashed
potatoes



Pudding



Soup
(warm not hot)



Mac & Cheese



Ice Cream



Eggs



Well-cooked
meats

Foods to Avoid



Chips



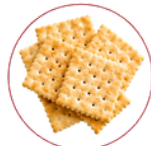
Nuts



Popcorn



Rice



Crackers



Seeds

Keeping your mouth clean



Brush Gently

Brush gently, starting **the day after surgery**, avoiding the surgical sites for the first few days



Mouth Rinse

If you were prescribed a mouth rinse, start to gently swish and spit **the day after surgery**

- Warm salt water rinses can be used instead if you prefer



Irrigating Syringe

If you were given a syringe for cleaning out the extraction sites, start using it **3-5 days after surgery**

- Fill the syringe with prescribed mouth rinse or salt water and direct it over the **lower** extraction sites to clean out any impacted food



AVOID

- Vigorous rinsing/spitting
- Smoking or vaping
- Straws

What's Normal?

These symptoms are part of the normal healing process

- ✓ Swelling
- ✓ Bruising
- ✓ Limited mouth opening
- ✓ Jaw stiffness
- ✓ White appearance over extraction sites
- ✓ "Holes" at extraction sites