

WISDOM TOOTH SURGERY: ONE WEEK POST-OP INSTRUCTIONS

Irrigating Wisdom Teeth Sockets should be started one week after your surgery day.

- The syringe is to be used on lower extraction areas **ONLY**.
- Fill the syringe with warm tap water, then insert the curved tip down into the extraction hole and push the liquid out of the syringe slowly. At least one full syringe should be used in each lower extraction area. You may need to flush the area a couple of times until you no longer see debris. It is normal to see bleeding after flushing the area, which will stop after a couple of seconds. It is very important to make sure that the tip goes into the extraction socket when you flush the site. If the tip is only on the surface of the gum tissue, then food and debris will not be flushed out.
- The syringe should be the last thing you do before bedtime. You can flush the area more if you feel the need. Everyone is different when it comes to healing time for the extraction socket. You may have holes in the lower extraction sites for longer than a month. After each meal, use the syringe until you can no longer fit the syringe into the extraction area.

USING A SYRINGE

- Gravity will help the upper sockets to not trap food, so no irrigation is necessary for upper extraction sites.
- You may discontinue saltwater rinses at the one-week mark.
- You may advance your diet at your discretion as dictated by comfort.
- Normal exercise may be resumed if comfortable.
- Swelling should decrease by the end of the first week. If it is not or returns in the weeks to come, please contact the office immediately.