

Wisdom Teeth Concierge

Post-Operative Instructions

It is highly recommended to adhere to the following instructions after your scheduled appointment.

- Bite down on provided 2x2 gauze for 45minutes after appointment. Remove the soiled gauze replace with new gauze and apply firm pressure if bleeding persists.
- If bleeding persists place moist gauze at surgical site and bite down with firm pressure.
- No smoking, spitting or sucking through a straw for the first week.
- Do not make major business decisions over the next 72 hours.
- No heavy lifting or extraneous activity until symptoms resolve.
- No rinsing your mouth with Listerine, peroxide, or baking soda.
- Adhere to strict soft diet. No crunchy foods like popcorn or cookies for first week.
- You may experience bruising from the procedure. It will resolve with time.
- You may experience swelling from procedure. Use ice packs consistently.
- Use prescribed medicine for pain as directed from the doctor.
- The stiches placed will dissolve on their own.
- Call the office for questions or concerns not addressed.



WISDOM TEETH
— C O N C I E R G E —