



Pre-Treatment Instructions for  
**Wisdom Tooth Removal**

After we've evaluated your case, we'll prescribe multiple medications to ensure healing goes smoothly!

**Take These the Day Before Surgery:**

**Antibiotics** (Amoxicillin, Clindamycin, Azithromycin)

- Start these in the morning.
- These will protect you from infections.
- Continue taking these every day until they're finished.

**Steroids** (Methylprednisolone)

- Start these in the morning.
- These will minimize swelling and discomfort.
- Continue taking these every day until they're finished.

**Sedatives** (Triazolam, Lorazepam, Valium) - **if requested**

- Take these just before bed.
- These will help you relax and sleep well.

**Take These the Day of Surgery:**

**Sedatives** (Triazolam, Lorazepam, Valium) - **if requested**

- Take these an hour before.
- These will keep you relaxed during the surgery.

**Take These After Surgery:**

**Pain Relievers** (Ibuprofen, Acetaminophen, Naproxen)

- Take these before the numbness wears off (usually within 2 hours).
- Continue taking these as needed.
- Follow the instructions listed on the other side of this handout.

**Mouthwash** (Chlorhexidine)

- Start using this 2 days after surgery and continue using for 2 weeks.
- This will also help protect you from infections.
- In addition to saltwater rinses, you'll need to rinse with this starting 2 days after surgery – shake your head side to side, and let the rinse fall out. No swishing or spitting!

**Did you request sedation? Refer to our handout on  
Oral Sedation for more information.**



## Post-Treatment Instructions for **Wisdom Tooth Removal**

### **What to Expect:**

- Some minor bleeding is normal for the first 24 hours.
- Stitches, if placed, will fall out within 2 – 10 days after surgery.
- Swelling is normal, usually worst 2 – 4 days after surgery.

### **Things You Should Do:** **Take the medication as advised!**

- Wait until the numbness wears off before eating or drinking anything.
- Keep firm pressure on the provided gauze. Swap out fresh pieces of gauze every 30 minutes until bleeding stops.
- Gently rinse with warm salt water the day after surgery. Shake your head side to side, and let the rinse fall out. No swishing or spitting!
- Brush and floss as you would normally. Be careful around the surgical site.
- Apply ice packs in 10-min intervals to reduce swelling the first few days.
- Take all antibiotics as prescribed until they're finished.
- Diet should be mild for the first few days (e.g., eggs, pasta, ice cream).

### **Things You Shouldn't Do:**

- Avoid exercise or intensive physical activity for 5 days.
- Avoid swishing, spitting, or sucking through a straw for 5 days.
- Don't smoke or drink alcohol.
- Don't aggressively clean the surgical site.
- Avoid chewing at the surgical site.
- Avoid hot, spicy, or crunchy foods and anything with nuts, seeds, or kernels.

### **For Pain Relief:** **Follow one of these instructions, as recommended by our team.**

- A** Take 600mg ibuprofen, then 3 hours later, take 1000mg acetaminophen. Alternate between each drug every 3 hours.
- B** Take 600mg ibuprofen every 6 hours.
- C** Take 1000mg acetaminophen every 6 hours.
- D** Take 550mg naproxen every 12 hours.

**If you need answers beyond what this handout can provide you,  
call or text the office at (585) 360-0202. Get well soon!**