

Removal of Wisdom Teeth/Tooth Elements

Your wisdom teeth/tooth elements have just been removed. This leaflet provides you with information and instructions about what follows this procedure.

It is normal to suffer from the following symptoms after treatment:

- some blood loss
- considerable swelling
- temperature increase (38.5 °C)
- considerable pain
- limited ability to open the mouth

Guidelines

Gargling

If you have been provided with a syringe, you can start to gargle one day **after** treatment. You should gargle with a saline solution (= a cup of lukewarm water with a teaspoon of salt). You are usually only provided with this syringe after a molar has been removed from your lower jaw.

The idea is to carefully insert the tip of the syringe *into* the hollow where the molar was. You should repeat this until the hollow is completely full.

Pain

If necessary, you will be given a prescription for painkillers following your treatment. You can collect this prescription from your local pharmacy. Take a painkiller as soon as possible. You won't always be able to completely get rid of pain, however.

Swelling

You can limit the swelling to a large extent with ice cubes. Put the ice cubes in a plastic bag wrapped in a washcloth and place this on the part of the face concerned. It is best to start with the ice immediately after treatment and repeat this at intervals during the rest of the day.

Don't sit with your face in the sun and don't go to a solarium for a few days after treatment. Swelling could start again as a result of the heat.

Food

You can usually eat and drink as usual after treatment. Don't consume too many dairy products because of the phlegm these will produce.

Oral Hygiene

You must take good care of your mouth so the wound can heal properly. You should therefore rinse your mouth after every meal (3x a day), including the

side of your face where you were treated. Brush carefully with a soft toothbrush and continue to rinse with the syringe (if you were provided with one).

Smoking

Smoking will delay the wound's healing process; you are advised not to smoke.

Stitches

Most wounds are stitched with thread which is spontaneously absorbed by the body. Don't be concerned if the suture disappears early on. In case of irritation, you may remove the material yourself after a few days.

Complications

Complications sometimes occur. Always contact the dental surgery clinic if one of the following occurs:

Secondary Haemorrhage

If the bleeding won't stop, fold a gauze pad, apply it to the wound and bite down firmly for 60 minutes. If the bleeding still hasn't stopped, you should contact the clinic. Some blood loss is normal during the first few days.

Fever

In case of high fever (39-40 °C).

Swelling

If the swelling increases again after 3-4 days, or in case of serious increasing pain, you should contact the dental surgery clinic.

Contact

If you have any problems, please contact the clinic:

- during office hours, (0318) 43 51 40
- at night and at the weekend, (0318) 43 58 05

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