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Wisdom Tooth Removal

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

WISDOM TOOTH REMOVAL

Your care guide

Wisdom tooth removal is a minor surgical procedure to take out a wisdom tooth that is causing problems. We only recommend it when there is a clear clinical reason, in line with NICE guidance.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Tell us about all your medicines and any changes to your health, including blood thinners and bisphosphonates. Do not stop blood thinners unless your doctor advises it.
- Plan for 2 to 3 days of rest. Avoid booking important events or travel just after.
- Stock up on soft foods and have paracetamol and ibuprofen at home if suitable for you.
- Stop smoking for as long as possible before and after surgery.
- If you are having IV sedation, arrange an adult escort for 24 hours. Do not drive, drink alcohol, use machinery, sign legal documents or care for dependants alone in that time.
- Follow any eating and drinking instructions we give you for sedation.

On the day

- Wear comfortable clothes. If having sedation, wear short sleeves and no nail varnish.
- We will confirm your medical history and consent before we begin.
- You will feel pressure and pushing, but you should not feel sharp pain. Raise your hand if you need us to stop.
- Expect to be with us for about 60 to 90 minutes, longer with sedation.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First 24 hours	Bite on gauze if it bleeds. Rest with your head raised. Use a cold pack on your cheek for 10 to 20 minutes at a time. No rinsing, hot drinks, smoking or alcohol.
Days 2 to 3	Swelling and stiffness usually peak. Start warm salt water rinses after meals. Take painkillers per pack instructions if suitable.
Days 4 to 7	Pain and swelling should be easing. Worsening pain may be dry socket or infection, so contact us.
1 to 2 weeks	Stitches dissolve. Bruising fades. Most people are back to normal eating.
If numbness persists	We will review you. Nerve changes often improve over weeks to months; we may refer you for specialist assessment.

Please do

- Rest for the first day and keep your head raised when lying down.
- Eat soft, cool foods and drink plenty of water.
- Use warm salt water rinses from the day after surgery.
- Keep brushing your other teeth, gently near the surgical site.
- Take paracetamol or ibuprofen per pack instructions if suitable.

Please avoid

- Do not smoke or vape for at least 48 hours, and ideally longer.
- Do not drink alcohol for at least 24 hours, or while taking strong painkillers.
- Do not rinse vigorously, spit or use a straw for 24 hours.
- Do not do strenuous exercise for a few days.
- Do not drive for 24 hours if you have had sedation.

WARNING SIGNS

When to contact us

- Contact us if bleeding does not stop after 20 minutes of firm pressure.
- Contact us if pain or swelling gets worse after day 3, or you have a bad taste or high temperature.
- Contact us if numbness of your lip, chin or tongue lasts longer than 24 hours after the anaesthetic should have worn off.
- If swelling affects your breathing, swallowing or eye, or you cannot open your mouth and feel very unwell, call 999 or go to A&E. Out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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SCAN TO REGISTER

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