

● **FIRST WEEK INSTRUCTIONS** ●  
*After Wisdom Teeth Removal*

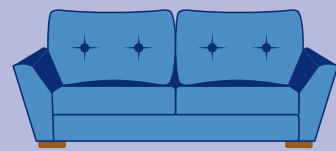
**1** Once home, take out gauze pads. If still bleeding, use new gauze and rest with ice pack.

**2** Eat something and take medication only as needed and directed.



**3** Use an ice pack as much as possible the first 24 hours to reduce swelling then switch to heat on the second day.

**4** Take it easy and relax at home for a couple days.



**5** Maintain a soft diet this week. Do NOT use straws.



**6** The day after surgery, start brushing and rinse with warm saltwater.



**7** No heavy lifting or strenuous activity for one week. Feel free to request an excuse note if necessary.

**8** Call us any time with questions or concerns!