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**INFORMATION AND INSTRUCTIONS  
CONCERNING REMOVAL OF IMPACTED  
TEETH FOR**

FAITHFUL COMPLIANCE WITH THESE  
INSTRUCTIONS WILL ADD TO YOUR COMFORT  
AND HASTEN YOUR RECOVERY.

The removal of impacted wisdom teeth is quite different than the extraction of erupted teeth. The following conditions may occur, all of which are considered normal:

1. The area operated on will swell.
2. The swollen area may become quite large.
3. Trismus (tightness) of the muscles may cause difficulty in opening the mouth.
4. You may have a slight ear ache.
5. A sore throat may develop.
6. Numbness about the corner of the mouth on the side from which the tooth was removed may develop. This is called *paresthesia* and in most instances is a temporary condition which will correct itself. It may remain anywhere from a few days to a few weeks.
7. Your other teeth possibly will ache temporarily. This we refer to as sympathetic pain and is a temporary condition.
8. If the corners of your mouth are stretched they may dry and crack. Your lips should be kept moist with cream or ointment.
9. There will be a cavity where the tooth was removed. As well as possible, this area should be rinsed following meals with warm salt water. This cavity will eventually fill with new tissue.
10. There may be a slight elevation in temperature for 24 to 48 hours. If the temperature continues, notify us at the office.
11. DO NOT SMOKE FOR 7 DAYS AFTER SURGERY.

**Instructions following the removal of  
Impacted Teeth:**

1. Use ice on the operated area (externally) for the first 24 hours. Apply ice 30 minutes on and 30 minutes off.
2. After 24 hours, if swelling has occurred, apply warm moist cloth externally.
3. Use an analgesic such as Motrin, Tylenol, Advil, or aspirin for mild discomfort.
4. For severe pain use the prescription Dr. Vitt gave you.
5. Drink plenty of fluids. (2 liters/day)
6. Keep bowel movements normal.
7. If muscles of the jaw show a tendency to become stiff, chewing gum at intervals will help relax the tension and bring relief.
8. 24 hours following surgery begin using warm salt water rinses following meals to flush out particles of food and debris which may lodge in the operated area. (1 teaspoon salt in 8 ounce glass of water)
9. Patient's diet may consist of any foods which can be chewed and successfully swallowed.
10. A certain amount of bleeding is expected following the operation. If bleeding continues after a reasonable period of time, place gauze or tea bags directly over the bleeding socket and close firmly for 1 hour. Repeat if necessary. If bleeding occurs, avoid hot liquids, elevate head and avoid exercise.
11. Do not drink through a straw for 24 hours after surgery.
12. Do not spit for 24 hours after surgery
13. Gauze is to remain in place for 1 hour after surgery. Do not remove or chew it for 1 hour.