



CONNECT FAMILY DENTAL • PATIENT RESOURCES

Wisdom Teeth Removal Instructions

Helpful guidance for preparing for wisdom teeth removal and caring for your mouth during recovery.

BEFORE SURGERY

Review your provider's instructions, arrange transportation if sedation is planned, and ask questions about medications or fasting.

AFTER SURGERY

Protect the surgical sites, manage swelling and discomfort as directed, and follow your dental team's recovery instructions.

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01 Before Your Appointment

- Follow all pre-operative instructions provided by your Connect Family Dental team.
- Tell your dental team about your medications, allergies, and relevant medical information.
- If sedation or anesthesia is planned, arrange for a responsible adult to drive you home and stay with you as instructed.
- Follow any eating, drinking, or medication instructions given specifically for your procedure.

02 Day of Surgery

- Wear comfortable clothing and arrive at the time provided by your dental team.
- Bring any requested information or medications.
- Do not drive yourself if you are receiving sedation or anesthesia.

03 Protect the Blood Clot

- A blood clot forms in each extraction site and is important for healing.
- Do not forcefully rinse, spit, or use a straw during the initial recovery period.
- Do not smoke or use tobacco.
- Do not touch the surgical sites with your fingers or tongue.

04 Bleeding

- Some oozing is expected after wisdom teeth removal.
- Use gauze exactly as directed by your dental team.
- Keep your head elevated when resting.
- Contact the office if bleeding is heavy, persistent, or concerning.

05 Swelling & Comfort

- Swelling may increase during the first few days before gradually improving.
- Use cold therapy as directed during the early recovery period.
- Take prescribed or recommended medications only as directed by your provider.
- Contact the office if pain becomes severe or continues to worsen.

06 Eating & Drinking

- Choose soft, cool or comfortable foods initially, according to your provider's instructions.
- Stay hydrated unless your dental team has given you different instructions.
- Avoid hard, crunchy, very hot, or irritating foods while the surgical areas are healing.
- Gradually return to your normal diet as comfortable and as directed.

07 Oral Hygiene

- Follow your dental team's instructions for brushing and rinsing.
- Keep the rest of your mouth clean while avoiding direct disturbance of the surgical sites.
- Do not vigorously rinse immediately after surgery unless specifically instructed.

08 Activity & Recovery

- Rest during the initial recovery period.
- Avoid strenuous exercise and activities as directed by your provider.
- Follow any instructions regarding sutures, follow-up visits, or prescribed rinses.

IMPORTANT — WHEN TO CALL US

Contact Connect Family Dental if you experience severe or worsening pain, persistent or heavy bleeding, significant swelling, fever, difficulty breathing or swallowing, or any symptom that concerns you.

Important Note

These instructions are general information and may not apply to every patient or procedure. Always follow the specific instructions given by your Connect Family Dental team.

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Questions before or after your procedure? Please give our dental team a call.