



RECOVERY

- **Do not leave the patient alone for the first 8 hours.** Patients generally report minimal pain on the first day. They will feel sleepy, sore, and sometimes hungry. Eating is not important, however, they should start to drink fluids as soon as possible.
- Apply ice to the cheeks beginning the day of surgery for 24 hours or for as long as it feels good. Bags of frozen peas are the best! (20 minutes on / 20 minutes off)
- 50% of patients will get "chipmunk cheeks". This is your body's natural immune response to the extractions and is totally normal and will go away in 3-5 days.
- Bruising of cheeks and jaw is completely normal.
- You will likely feel pain in the extraction sites, soreness in your jaw, and may experience some bleeding. This is all normal and should go away in 5-7 days.

EATING AND DRINKING

- REMEMBER – Drink plenty of fluids!
 1. What: Water, Gatorade, etc. Stay Hydrated!
- Eat as soon as you feel ready.
 2. What: Soft foods & cold foods
 - i. Mashed potatoes, ice cream, apple sauce, popsicles, soup, broth, Greek yogurt, scrambled eggs, protein shakes, oatmeal, etc.
 - c. Food To Avoid
 - i. Spicy Foods, chips, chewy foods, alcohol, foods with seeds, and rice.
- No sucking through a straw for 4 days
- No driving or operating heavy equipment on the day of surgery.
- No smoking.
- Avoid alcohol while recovering.

WHEN TO CALL US

- Swollen cheeks that are "hot" to the touch indicating an infection.
- Pain that does not resolve after 5 days.
- Excessive bleeding that you cannot stop by biting on gauze.

HOW TO CONTACT US AFTER HOURS

- **Call Dr. Emetts Mobile Number: 435.313.5752**
- Main Office: 435.414.3111 – Follow prompts to connect to Dr. Emett.
- Email: dremett@alloutwisdomteeth.com



ALL OUT
Wisdom Teeth

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