

Southern Ocean Oral Surgery & Implant Center

Dr. Anthony Navilio

Wisdom Teeth Supplement

Please follow all instructions in the post op instructions given to you after surgery.

In addition, with wisdom teeth surgery two important additions need to be made:

- 1. Due to the proximity to the large muscles (Masseter muscles), there may be some stiffness and difficulty opening the mouth after the surgery. This is due to mild inflammation or muscle spasm. It is important to start heat (moist) to the face over those areas 48 hours post op, 3-4 times a day, as well as warm salt water soaks on each side. After the heat, stretching exercises need to be done by either opening to the point of restriction, then opening a little further and holding it for a minute, or chewing normal consistency food (not sharp or hard) after applying the heat. This will stretch the muscles and quickly bring the opening back to normal. Continue this until your post op visit.**
- 2. There may be some chafing at the lips and corners of the mouth due to stretching while retracting to reach the posterior areas of the jaws. Assuming no allergies to either, apply hydrocortisone cream (available OTC) to these areas 4 times a day for the first 3-5 days, and alternate vitamin E oil (can cut open vitamin E capsules and use the oil within). This will quickly resolve the chafing and dryness. Manuka honey also works well and can be applied as needed to the areas.**

Any questions please do not hesitate to call the office.

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