Helpful Suggestions for Wisdom Teeth Discomfort

1. **Brush the Wisdom Teeth and especially the Gums**
   a. Use a Soft Toothbrush
   b. Even if it is uncomfortable or bleeds
   c. Use a Sweeping Motion to get under the Gum Flap to remove Food Debris

2. **Use Hydrogen Peroxide applied with a Q-Tip**
   a. Swab around the Gums
   b. After it “Bubbles” rinse and spit out

3. **Rinse with Warm Salt Water**
   a. 1 Teaspoon of Salt dissolved in 8 oz. Warm Water
   b. Repeat After Meals and Before Bedtime

4. **Take Pain Relievers if necessary**
   a. Nonsteroidal Anti-Inflammatory drugs; e.g., Ibuprofen (Advil or Motrin) - 400-800 mg. every 6-8 hours, not to exceed 16 tablets (3200 mg.) per 24 hours (take with food if it upsets your stomach) or
   b. Acetaminophen (Tylenol- 325 mg., 2-3 tablets every 4 hours), not to exceed 4000 mg. per 24 hours
   c. Consult with your Medical Doctor if you are taking any other Medications or if you have any Allergy to Medications
   d. Anbesol or Ice placed over the area may Lessen the Discomfort

5. **Schedule an Appointment if discomfort or swelling persists or worsens**