

# WISDOM TEETH IRRIGATION INSTRUCTIONS

## Why is irrigation important?

- Wisdom tooth sockets collect food debris while you eat.
- Accumulating food debris cannot be cleared by mouth rinsing alone.
- If food debris is not removed, you may develop a dry socket and/or infection.
- Unremoved food debris may cause a foul taste and odor from your mouth.

## How often should I irrigate?

- Start 2 days after surgery.
- At least twice a day. Preferably, after each meal to remove debris.
- Keep going for at least 7 days.
- You'll know when to stop when the site no longer collects any significant food debris. This is typically after 2 weeks.



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Full Post-Op Instructions



## Supplies You Need

- Irrigating syringe (provided by our office)
- Water or mouth rinse (either is fine)
- A mirror and sink
- A tissue, towel for cleaning purposes

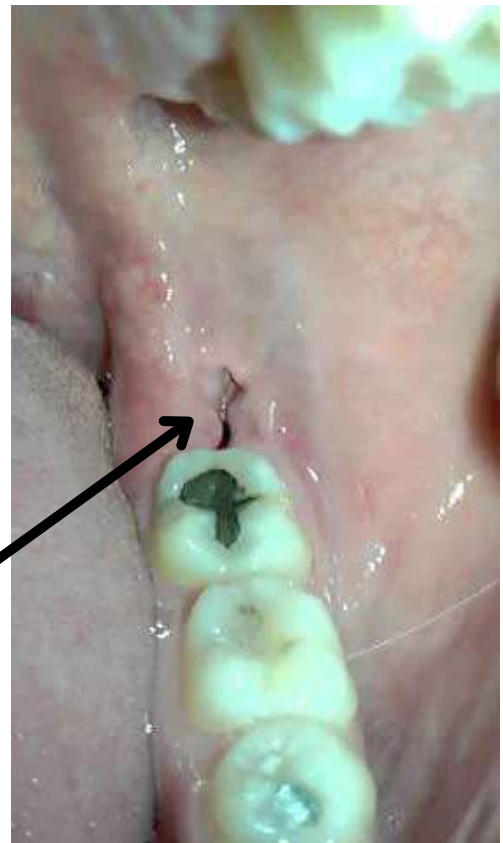


## Step by Step Instructions

- Assemble the syringe
- Draw up irrigating liquid (Peridex or salt water) into syringe until it is about half full
- Open your mouth as wide as possible
- Place the tip of the syringe 1-2mm into the hole
- Gently push the syringe plunger in slow, pumping motions until the irrigating liquid is out.
- Repeat until the irrigating liquid (Peridex or salt water) coming from the socket runs clear
- Repeat on the other side.

## Syringe Cleaning

The syringe just needs to be pulled apart, rinsed, and set out to air dry after each use. The syringe is NOT dishwasher safe.



Area to irrigate and keep free of food debris