

How to Care for Wisdom Teeth Sites

- Pull the cheek to the side with a tongue depressor (or something similar) which will help you visualize the socket “hole” behind the last molar and towards the cheek side. Flush with warm water and repeat until no food debris comes out.



- Some “holes” may have been stitched shut and/or has closed so you may only see a scar line instead of a “hole.” Still irrigate and flush until no food debris is seen.



- All sutures will “fall out” and/or dissolve.
- Upper wisdom teeth sites are difficult to visualize and tends to close up faster. Flush the general area similar to the way it is shown above for the lower wisdom teeth sites.
- For any questions, please call our office (925) 689-8500.