

Post Surgery Instructions

Having a tooth removed or any surgery for that matter can be a scary procedure, but rest assured your mouth will now be healthier than ever. We use the most up to date techniques and materials to ensure your procedure will have a successful outcome.

What you can expect:

- A gauze compress was placed over the extraction area to help control the bleeding. Should slight bleeding continue, place fresh gauze over the extraction site large enough to maintain pressure when the mouth is closed. Bleeding may appear to be more than it actually is because its mixed with your saliva. If bleeding continues, soak a gauze compress in tea and place over the bleeding site. Close and hold the gauze compress for about 30 minutes. Repeat if necessary.
- Do not rinse your mouth, smoke or use straws and avoid blowing your nose or spitting the day of surgery. This negative pressure can alter the healing process.
- Rest with your head elevated and drink plenty of fluids. Avoid hot liquids, carbonated and alcoholic beverages for the first 24 hours.
- Take pain medication as directed and use an ice pack on your cheek 20 min ON and 20 OFF to minimize swelling for the first 24 hours. Moist heat may be used after 24 hours for comfort and muscle relaxation.

Dr. Michael Dolby | 208.323.8545



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- It's very important to keep your mouth clean the day after surgery: A soft toothbrush, gentle rinsing with warm salt water 3 times per day (*1/2 teaspoon salt with warm tap water*) is helpful to speed the healing process. **Do not add salt to the warm water if you have high blood pressure or heart disease.*
- Eat soft foods (warm or cold) and maintain adequate daily fluid consumption.
- Swelling and elevated temperature can be common for nearly every extraction. This is nature's way of beginning the healing process. It does not mean an infection is present and it is often seen on the 2nd or 3rd day and begins to disappear on the 4th or 5th day.
- Stiffness of the jaws is also nature's way of resting the part which needs to be repaired and usually relaxes about the 4th or 6th day.
- Black and blue marks on the face may appear. This appears first as swelling, but after the 2nd or 3rd day it may discolor to yellow, black, or blue. This will gradually disappear in a week or ten days.
- Slight numbness of the lip or tongue may occur and usually resolves in 10-14 days.
- If IV medications were administered, slight redness or tenderness may occur in the region of the vein. Apply a warm moist towel to the area and call the office the next day if this continues.

If You Have Any Concerns or Questions,
Please Do Not Hesitate To Call our Office at 208.323.8545

