



Idaho Falls Oral & Facial Surgery
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Directions for Optimal Healing after Tooth Extractions

Rest and Nutritious Foods: Resting and eating nutritious foods are essential for healing to begin and progress normally. Soft foods are best to avoid injury to the surgical site. Keep foods away from the surgical site. High calorie and high protein foods are ideal for the first few days. Drink extra non-carbonated fluids to avoid dehydration, especially the day of your surgery. Do not use a straw. Avoid eating hot foods while your mouth is still numb to avoid burns.

Bleeding: A gauze bandage will have been placed by the surgery team. Leave this in place for about 10 minutes and then remove and discard. It is expected that a wound in the mouth will ooze small amounts of blood for 12-24 hours which will make your saliva tinged red in color. Gauze should not be replaced unless you experience active bleeding which will be evident by blood clots forming in your mouth. If this should occur, rinse your mouth gently with ice water and then place new gauze, moistened with water, over the area of bleeding and apply continuous pressure by biting for 10 minutes.

Keep your fingers and tongue away from the area where the teeth were removed.

Control your Pain: Pain is controlled best when you take your pain medicines prior to the local anesthesia wearing off. It is wise to always eat some food prior to taking narcotic pain medicines. Take your medicine as prescribed the first day- every four to six hours. You should realize that no pain medicine removes your pain sensation completely but lessens it so as to be tolerable. You may also use Ibuprofen as a second pain medicine. Follow the Ibuprofen label directions. Do not take extra Tylenol,(acetaminophen) as it is already mixed with your narcotic pain medication. If adequate pain control isn't obtained please call us.

Swelling: Keep your head elevated when laying down or sleeping (Head above Heart). This will help minimize your swelling from the surgery. Swelling will be proportionate to your surgery, i.e.; bigger surgery=bigger swelling. It will be at its greatest on the 3rd and 4th day after surgery.

Sutures, if used, will usually dissolve after 7-10 days.

Cleaning Your Mouth: Oral hygiene may begin the morning after your surgery. Gently clean your teeth with a soft bristled toothbrush and toothpaste. Do not brush the surgical site, only the teeth next to it. You should be very gentle but thorough on the teeth next to the surgical site. Avoid ultrasonic or power brushes for the first week after surgery.

Antibiotic Mouth Rinse: If you are prescribed Chlorhexidine Gluconate, commonly called Peridex, you should begin using it the morning after surgery following gently cleaning your teeth. Very gently rinse it around your mouth and spit it out carefully. This will need to be done each morning and at bedtime for 7-10 days. Never rinse your mouth with Hydrogen Peroxide.

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