



Eric W. Nelson, DDS, MD
Kevin G. Kempers, DDS, MD
Justin T. Hastings, DDS, MD
C. Scott Manis, DMD, MD

POST-SURGICAL INSTRUCTIONS

THANKS FOR LETTING US TAKE CARE OF YOU! Below is a brief overview of symptoms associated with surgery. If at any time you feel you are experiencing something out of the ordinary or if numbness persists longer than 24 hours, contact our office.

PAIN/MEDICATIONS: Unfortunately, every surgical procedure is painful. Your worst discomfort is expected 2-4 days after surgery, so take medications as instructed, but only as needed. Take all prescription medications as prescribed.

BLEEDING: Bleeding after your surgery is normal. Use gauze to keep gentle pressure on the surgical site. Change the gauze every 45 minutes hour as needed. If heavy bleeding continues 4+ hours after surgery, you may use a black tea bag to stop the bleeding. Moisten the bag under cold water and place it over the surgical site with pressure until the bleeding stops.

STIFFNESS: Jaw soreness is normal. It may be difficult to open your jaw for a few days to a couple of weeks. This will resolve with time and gentle stretching of your jaw muscles.

ORAL HYGIENE: Gently use a saltwater rinse and prescription mouth rinse (if given one) the following day after surgery. You may brush your teeth the following day but avoid the surgical site(s). If you were given a curved syringe, start using it 3 days after surgery (do NOT use before) to rinse out the lower extraction sites until the sites close completely.

REST: Take it easy for 1-2 days after surgery. Overexertion can lead to bleeding and discomfort. It can also prolong your recovery. *Time to catch up on your favorite shows!*

SWELLING & BRUISING: Both will reach their peak in 2-3 days. Ice packs & head elevation will be your best friend during this time.

FEVER: The first 1-2 days after surgery a slight fever may occur. If it exceeds 101 degrees F or doesn't resolve within a day please let us know.

DIET: Drink lots of fluids in the days following your surgery. Eat cool, soft foods (examples: ice cream, Jello, pudding, cottage cheese, and smoothies) until the numbness wears off. After that, you can have mashed potatoes, soup, scrambled eggs, etc. Avoid chewing in the area of your surgery. **NO STRAWS OR EXCESSIVE SPITTING FOR 1 WEEK**

SMOKING / VAPING: Do not smoke anything for several days after surgery. Smoking will increase your risk of infection and dry sockets. This is a great time to quit!

NAUSEA: Pain medication can cause nausea. Take your medications after you have food in your stomach. You can also sip some ginger ale or cola if you feel nauseated. If it persists, please let us know.

WARNING: Do not drive or operate mechanical equipment while taking pain medications. A responsible adult should remain with the patient throughout the day following general anesthesia.

PRESCRIPTION SCHEDULE

DATE

	Antibiotic	Pain Medicine	Anti-Inflammatory	Anti-Bacterial Mouth Rinse
12:00 a.m.				
1:00 a.m.				
2:00 a.m.				
3:00 a.m.				
4:00 a.m.				
5:00 a.m.				
6:00 a.m.				
7:00 a.m.				
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7:00 p.m.				
8:00 p.m.				
9:00 p.m.				
10:00 p.m.				
11:00 p.m.				

WHITEWATERSURGERY.COM

3003 West Main Street, Suite 130,
Boise, ID 83702
208.342.7610

304 N Main Street,
Hailey, ID 83333
208.788.5308

11575 W State Street,
Star, ID 83669
208.342.7610