

## PAIN MANAGEMENT

It is important to understand that you will have some amount of discomfort after surgery, which you can minimize by following the recovery instructions.

*The key to managing pain is to stay ahead of the discomfort.*

For adolescent and adult patients, we recommend taking 400-600mg Ibuprofen (Motrin, Advil) or 500-1000mg Acetaminophen (Tylenol) every 6 hours. You may alternate both of these medications, so that you are taking something for pain every 3 hours.

You may have been prescribed a narcotic-containing pain medication (such as Norco) to manage severe pain, which is a combination that contains a narcotic and Acetaminophen (Tylenol). You may alternate this medication with Ibuprofen (Motrin, Advil).

- + Do not exceed the prescribed dose
- + Do not take any additional Acetaminophen (Tylenol) while taking the combination pain medicine
- + Do not work, drive, etc. while taking the narcotic pain medication
- + To avoid nausea, it is recommended that you do not take this medication on an empty stomach

You may choose not to take the narcotic pain medication, in which case, you may follow the above instructions for alternating Ibuprofen (Motrin, Advil) and Acetaminophen (Tylenol).



## NOTES

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For emergencies or questions during office hours, please call our office at:

**402.327.9400**

For emergencies or questions after office hours, please call your surgeon's cell phone:

Dr. Rallis	402.417.4417
Dr. Cleverly	208.521.2254
Dr. Rieck	507.250.3362
Dr. Yetzer	415.971.5422

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## RECOVERY INSTRUCTIONS





## CONTROLLING BLEEDING

A certain amount of bleeding is to be expected after surgery. Slight oozing or redness in the saliva is not uncommon. If sutures were placed, they will dissolve and fall out in approximately one week.

Following surgery, gauze pack(s) will be placed at the surgical site(s). You will be sent home with extra gauze. **Bite firmly on the gauze and keep in place for 30 minutes**, then remove. It is normal for this gauze to be soaked with saliva and blood. Replace the gauze pack by folding new gauze into a small, thick piece and placing it over the surgical site. If bleeding persists, continue to replace the gauze every 30 minutes for the first few hours after surgery. **Firm pressure with the gauze pack will help to establish the blood clot.**

**To prevent choking, do not leave gauze in your mouth while sleeping or eating.**

Rest with your head elevated and do not exert yourself to help minimize bleeding. Ice your face near the surgical site(s). Avoid excessive spitting. If bleeding continues, biting on a moist black tea bag for 30 minutes can help constrict blood vessels. It can take 8 hours for the clot to fully form.

**If bleeding persists and cannot be controlled with gauze or tea bags, contact us right away.**

## SWELLING

Swelling typically peaks 2-3 days after surgery and then begins to resolve. It often takes 7 days for the swelling to mostly resolve.

### To reduce swelling:

- + Apply ice packs to the outside of the face near the areas of surgery for the first 36-48 hours,
- + Keep your head elevated
- + Take Ibuprofen (if able)

## NAUSEA

It is not uncommon to have slight stomach upset after IV sedation or while taking medications. To help prevent nausea in the first few hours after surgery, start with clear liquids and slow food intake. Eat at least 4 oz. of food 15 minutes before taking any pain medication and/or antibiotic to prevent nausea.

If vomiting occurs, it is usually a one-time event to clear the stomach. Even small amounts of blood in an empty stomach can cause some people to vomit. If you should have persistent nausea and vomiting, contact us using the phone numbers on the back of the brochure.

## DIET

After your surgery, you should begin eating as soon as tolerated. Begin with soft, easy to chew foods (soups, applesauce, protein drinks, yogurt, Jell-O, ice cream, mashed potatoes, noodles, eggs, etc.) and advance your diet as you feel comfortable.

Avoid hard, crunchy foods, using a straw, sucking on hard candies, popsicles, etc., for at least one week after your procedure, as the suction action may dislodge the blood clot in the surgical site and increase the likelihood of a dry socket.

## ORAL HYGIENE

Maintaining good hygiene is especially important after oral surgery, as your surgical site(s) are healing. Resume your normal brushing and flossing routine the night after surgery, but avoid brushing directly over the surgical site(s).

Avoid playing with the surgical site(s) or sutures with your tongue.

No vigorous rinsing or forceful spitting should be performed for several days after the procedure.

**On the day after surgery, you should begin salt-water rinses to keep the surgical site(s) clean and promote resolution of swelling.**

- + Mix 1 tsp of salt with 1 cup of warm water
- + Do the rinses 3-5 times a day for 7 days after surgery
- + Be sure to rinse **gently** to avoid dislodging the blood clot(s)

If prescribed Peridex Oral Rinse, use as directed. Avoid alcohol-containing mouthwash for the first few days after surgery as it may be uncomfortable for the healing tissues.

If given a syringe for irrigation, begin irrigating the surgical site(s) **5 days after** your procedure. Failure to wait 5 days could increase the likelihood of a dry socket. Irrigating is especially helpful after eating to remove debris and food from the socket(s).

