

## DRY SOCKET

- Dry sockets usually begin with having new symptoms about 4-5 days after the procedure.
- You cannot usually visualize a dry socket.
- Typically, the increasing pain is the main symptom. You may have improved initially after surgery, and then the pain will worsen.
- Pain usually is hard to control with pain medications. It may radiate in the jaw, up toward the ear.
- There may be a foul taste or a foul smell near the extraction site.
- If you are experiencing these symptoms, please give our office a call. Our staff may schedule you for a follow up visit for evaluation and possible treatment.

## NAUSEA

- It is not uncommon to have an upset stomach after IV sedation or while taking medications.

### To reduce/prevent nausea:

- Begin diet with clear liquids initially and slowly introduce food intake.
- We recommend eating 15 minutes prior to taking any medications.

### 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, please contact us.

## NOTES

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NEBRASKA  
ORAL & FACIAL  
SURGERY

## POST-PROCEDURE INSTRUCTIONS



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. Cleverly  
Dr. Lerner  
Dr. Rallis  
Dr. Rieck

208.521.2254  
612.325.3707  
402.417.4417  
507.250.3362



## DIET

- After surgery, you can begin eating as soon as bleeding has subsided or prior to placing additional gauze.
- We advise eating prior to taking medications.
- Begin with soft, easy to chew foods: Soups, applesauce, protein drinks, yogurt, pudding, mashed potatoes, ice cream, Jell-O, noodles, eggs, etc.
- Avoid hard, crunchy foods for one week.
- Advance diet as tolerated. If it hurts, don't eat it!
- Avoid using a straw, sucking on hard candies or popsicles and smoking for at least one week after your procedure. The suction action may dislodge the blood clot in the surgical site and increase the likelihood of a dry socket.
- Avoid excessive spitting.

## PAIN MANAGEMENT

- It is important to understand that you will have some amount of discomfort after surgery.
- The key to managing pain is to stay ahead of the discomfort.
- For adolescent and adult patients, we recommend taking 600mg of Ibuprofen (Motrin, Advil) every six hours for four to five days following surgery.
- You may alternate Ibuprofen with 1000mg of Acetaminophen, so you are taking something for pain every 3 hours.  
For example: Take 600mg of Ibuprofen; 3 hours later-1000mg of Acetaminophen; 3 hours later-600mg of Ibuprofen, etc. Continue alternating for four to five days.
- You may have been prescribed a pain medication to manage severe pain.
  - o Oxycodone is a narcotic medication that does not contain acetaminophen (Tylenol)
  - o You may take oxycodone in addition to your scheduled Ibuprofen and acetaminophen for severe pain.
  - o Do not work, drive, or go to school if you are taking any narcotics.

## CONTROLLING BLEEDING

- A certain amount of bleeding is to be expected after surgery. Slight oozing or redness in the saliva is not uncommon for a day or two post-operatively.
- If sutures were placed, they will dissolve and fall out in approximately 7-10 days.
- Following surgery, gauze will be placed at the surgical site(s). You will be sent home with extra gauze. It is important to bite firmly on the gauze for 30 minutes at a time. After 30 minutes, remove the gauze and replace with new gauze every 30 minutes until the bleeding has slowed down to light pink colored.
- Replace the gauze by first dampening the gauze with water and then fold it into a small, thick piece and placing it directly over the surgical site.
- If bleeding persists for longer than 8 hours, biting on a moist, black tea bag for 30 minutes can help constrict blood vessels. It may take up to 8 hours for the clot to fully form.
- Rest with your head elevated and do not exert yourself until the bleeding has subsided.
- Placing ice packs on the face near the surgical sites will also help minimize bleeding and aid in swelling.
- Do not leave gauze in your mouth while eating, drinking or sleeping!
- If bleeding persists for longer than 8 hours and cannot be controlled with 30 minutes of firm pressure on the gauze or black tea bags, contact us right away.

## SWELLING

- Swelling usually peaks 2-3 days after surgery and then begins to resolve.
- It may take up to 7 days for the swelling to resolve.
- Swelling may not be symmetrical depending on the difficulty of the extraction(s).

### To reduce swelling:

- Apply ice packs to the outside of the face, near the areas of surgery, for the first 24-48 hours.
- Keep head elevated.
- The use of Ibuprofen is encouraged for 4-5 days postoperatively.

## ORAL HYGIENE

- Maintaining good oral hygiene is especially important after oral surgery.
- 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 or stitches with your tongue.
- On the day after surgery, we encourage salt-water rinses to keep the surgical sites clean and promote healing.
  - o Mix 1 tsp of salt with 1 cup of warm water until salt is dissolved
  - o Do GENTLE rinses 3-5 times per day for one week after surgery
  - o Avoid any other mouthwash during this time unless one was prescribed for you.
- If given a syringe for irrigation, you may begin irrigating the surgical sites 5 days after your procedure if you notice food getting trapped in the lower sockets.
- Failure to wait 5 days could increase the likelihood of a dry socket.
- It may take one to two months for the sockets to completely fill in with bone/tissue, so you may need to continue using the syringe until fully healed.

