



Sandhills Oral & Facial Surgery

504 W 42<sup>nd</sup> St Kearney, NE 68845

Dr. Matthew Weber MD, DDS

## **Post-Operative Extraction Discharge Instructions**

**GENERAL CARE:** Do not disturb the surgical area. **DO NOT** rinse vigorously or probe the area with any objects or your fingers. You may brush your teeth gently. **DO NOT SMOKE** for at least 5 - 6 days because it is very detrimental to healing. **DO NOT** go to bed with gauze in your mouth as to avoid swallowing.

**BLEEDING:** You may experience oozing of blood for 24-48 hours after surgery, but bleeding should never be severe. Firm, constant pressure will control bleeding and moist gauze should be placed over the surgical site(s) for approximately 30 minutes after the surgery. If bleeding continues, repack the surgical area by placing fresh moist gauze over the surgical site and biting down firmly for 20-40 minutes. If bleeding remains uncontrolled, please call our office.

**SWELLING:** Often, you may experience some swelling associated with the surgery. You can reduce this by holding a cold pack or ice bag wrapped in a towel firmly to the face or cheek over the surgical site. This should be applied 20 minutes on and 20 minutes off during the first 36 hours. The greatest swelling occurs 3-4 days after surgery. After that time, it should gradually decrease.

**PAIN:** Unfortunately, some oral surgery procedures cause discomfort. Please take the prescribed medications as directed. Always have food in your stomach before taking any pain medication. If a **DRY SOCKET** occurs (loss of blood clot from socket, usually in the 5th to 7th day), there is usually noticeable, distinct, persistent throbbing pain in the jaw, often radiating toward the ear and possibly causing other teeth to ache. You will have a foul taste in your mouth and bad breath. If this occurs, please contact our office so we can help you.

**NAUSEA/VOMITING:** Nausea after surgery may be the result of swallowed blood, pain medications and/or the aftereffects of the anesthesia. Reduce nausea by always having food in your stomach before taking each pill, followed by drinking a large volume of clear fluids. Try to keep drinking clear fluids and minimize the pain medication if vomiting persists.

**INFECTION:** The best way to help prevent infection is to take your antibiotics (if prescribed) and keep your mouth as clean as possible. You may start brushing the extraction site the day after surgery. Also, start mouth rinses the day after surgery. Use one-quarter teaspoon of salt dissolved in an 8-ounce glass of water and gently rinse with portions of the solution. Repeat as often as you like, and at least after every time you eat for the next five days. If food gets trapped in the surgical sites, please rinse gently. Using a water pik or disturbing surgical sites increases chances of dry sockets. (If you got prescribed Peridex mouth rinse use that instead of salt water)

**DIET:** Do not use straws or drink carbonated beverages for 4-5 days. Avoid hot and/or spicy foods. The first day's diet should consist of cold, soft foods (pudding, yogurt, milk shakes, etc.) Avoid foods like nuts, sunflower seeds, popcorn, etc. for 6-7 days so that they will not get lodged in the surgical sites. You may proceed to a soft diet the second day. Proceed with diet as you feel comfortable.

**STICHES:** If you have stiches, they will generally dissolve on their own in 3-7 days. You will be notified if you need to have them removed.

**NUMBNESS:** If you experience numbness of the lip, chin, or tongue that does not resolve within 10 days following surgery, please call our office.

**SINUS EXPOSURE:** Upper premolar and molar roots can be near or protruding into the maxillary sinus. If exposure of the sinus membrane occurs after extraction of a tooth, then you must not blow your nose for two (2) weeks after the extraction. You must also sneeze with your mouth open. The staff will let you know if this occurs.

**DENTURE/FLIPPER WEAR:** You must leave the denture(s), partial or flipper in the mouth for 24 hours after they are inserted. Your denture, partial or flipper should not be worn until it has been properly adjusted with your general dentist. The time you will be instructed to refrain from wearing your denture will be determined by the surgeon and will vary from patient to patient.

**MEDICATION INSTRUCTIONS-**You may be prescribed any of the following medications for after surgery.

**Antibiotics**

\_\_\_ Amoxicillin 500mg-One (1) tablet three times a day for 5 days

\_\_\_ Clindamycin 150mg- Two (2) tablets three times a day for 5 days

\*\*For female patients, please note that certain antibiotics may neutralize the preventive effects of birth control pills, allowing for conception and pregnancy.

**Pain Medication**

\_\_\_ Ibuprofen 600mg-1 tablet every 6 hours as needed for pain

\_\_\_ Tylenol 325mg-1-2 tabs every 6 hours as needed for pain

\_\_\_ Tylenol #3 (With Codeine)—Narcotic-1 or 2 tablets every 6 hours as needed for pain.

\*\*If you have been prescribed narcotics and/or have been sedated, you should NOT drive, operate machinery, or sign legal documents for 24 hours after the last medications.

**Other Medications**

\_\_\_ Peridex Mouth Rinse-10-15ml swish and spit three times a day for 10 days

\_\_\_ Medrol DosePak-Take as directed on package

Questions or concerns please call the office during office hours.

PHONE: (308-455-1944) Mon-Thurs: 8:00am-4:00pm.

After office hours, please call the office number and you will be directed accordingly.

Any calls made after office hours should be **ONLY emergencies and ARE NOT** to be used for scheduling purposes.