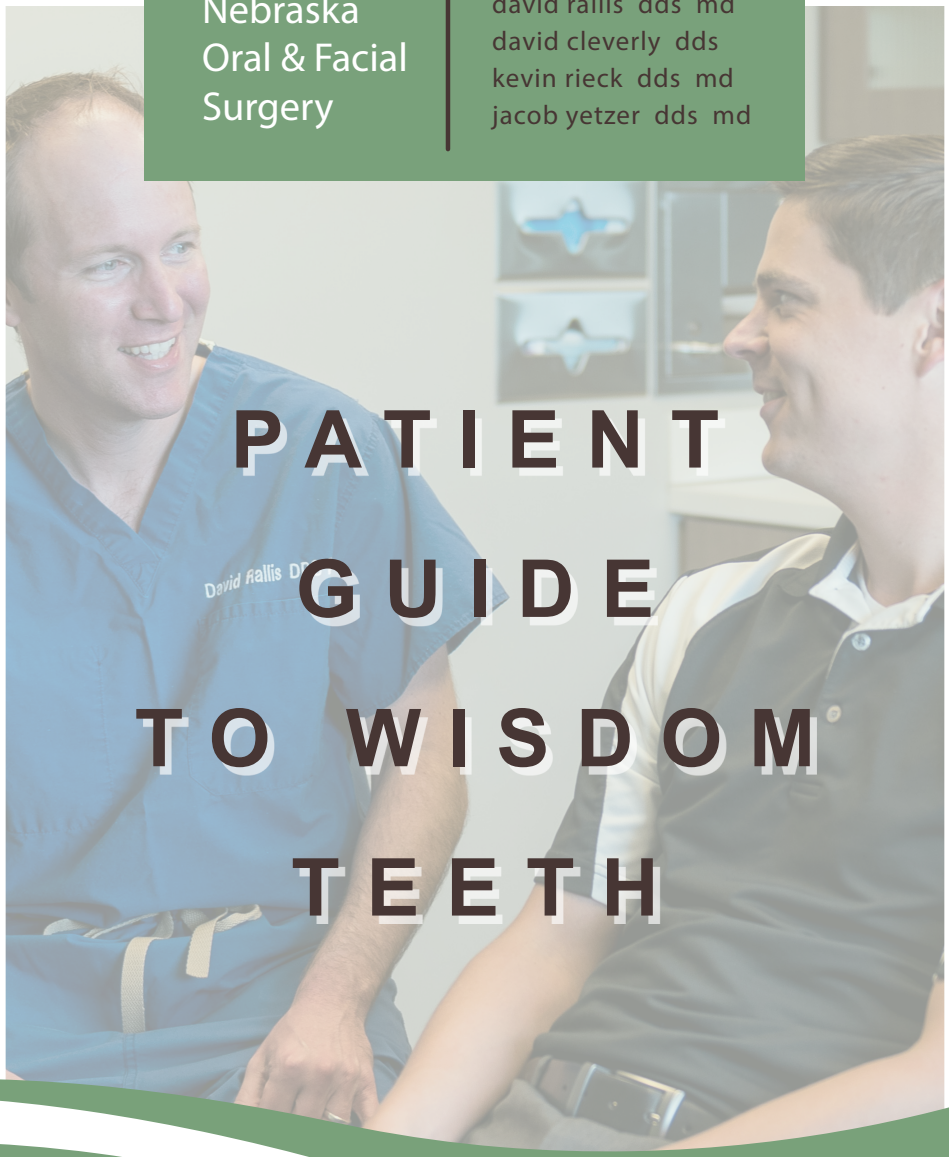
Nebraska
Oral & Facial
Surgery

david rallis dds md
david cleverly dds
kevin rieck dds md
jacob yetzer dds md



PATIENT GUIDE TO WISDOM TEETH

THE NEEDS
OF THE PATIENT
COME FIRST

NEBRASKA ORAL & FACIAL SURGERY WELCOMES YOU!

The doctors at Nebraska Oral & Facial Surgery look forward to helping you with your oral surgery needs. With extensive training in the full scope of oral and maxillofacial surgery, each doctor is an expert in their field. Their skills range from wisdom teeth removal and dental implant placement to facial reconstruction. They can diagnose and treat facial injuries, facial pain, TMJ disorders, sleep apnea, head and neck injuries and perform a full range of orthognathic and bone grafting procedures. Schedule an appointment at Nebraska Oral & Facial Surgery today, where the needs of the patient come first.

THE DOCTORS

DAVID J. RALLIS DDS MD
Surgical Residency & Medical Degree: Mayo Clinic School of Medicine
Dental Degree: University of Nebraska Medical Center

DAVID G. CLEVERLY DDS
Surgical Residency: Gunderson Lutheran
Dental Degree: University of Nebraska Medical Center

KEVIN L. RIECK DDS MD
Surgical Residency & Medical Degree: Mayo Clinic School of Medicine
Dental Degree: University of Illinois

JACOB G. YETZER DDS MD
Surgical Residency & Medical Degree: University of Florida College of Medicine
Dental Degree: University of the Pacific School of Dentistry

REASON FOR REMOVAL OF WISDOM TEETH

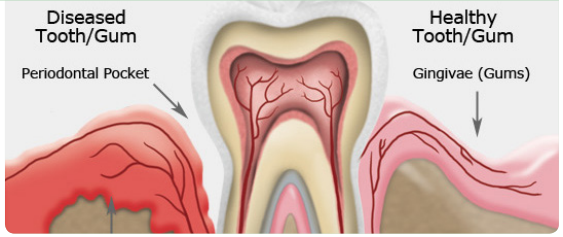
SYMPTOM-FREE DOESN'T MEAN DISEASE-FREE

PERIODONTAL DISEASE

Some patients may develop a serious gum condition if wisdom teeth are not removed. This damages the gums and can destroy the jaw bone. Bacteria may then spread and infect more teeth.

INFECTION

Bacteria can collect in difficult to clean areas that may cause infection.



PAIN

Pain is the most common symptom when wisdom teeth begin to erupt.

DECAY

Wisdom teeth can cause decay or resorption of neighboring teeth.

SINUS

Eruption of wisdom teeth may cause sinus pain, pressure and congestion.

IMPACTION

Impacted teeth do not have potential to erupt so you cannot use them to chew.

CROWDING

Permanent teeth may shift, undoing the effects of braces.

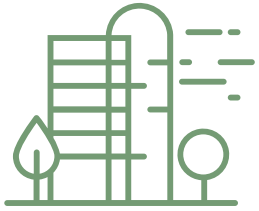
CYST OR TUMOR

A fluid filled cyst or tumor may form around untreated wisdom teeth. This can lead to more serious problems as it hollows out the jaw and damages surrounding nerves, teeth and other structures.

BEFORE YOUR APPOINTMENT

AT HOME

- Do not eat or drink at least 8 hours before your IV sedated procedure.
- Make arrangements for someone to stay with you at the office during your procedure and drive you home after the procedure.
- Have soft foods ready for the recovery period.



AT THE OFFICE

- Please arrive 20 minutes prior to the time of your appointment.
- If you are 18 years or younger, you will need a guardian present to sign a consent form.
- If your dentist or physician has taken x-rays, you may forward them or bring them to our office. If additional films are necessary, they can be taken at our office.
- Before the procedure, a dental assistant will go over your medical history. If you have concerns about medications, please call prior to your procedure so our registered nurse can contact your physician.
- Your doctor will come in to answer any questions or concerns you may have before the procedure.

DURING YOUR APPOINTMENT

FOR THE COMFORT OF THE PATIENT, OUR DOCTORS RECOMMEND IV SEDATION.

WHAT IS IV SEDATION?

- You are in a twilight sleep. You're asleep, but still breathing on your own.
- You will not feel pain or remember anything from your procedure, including tastes, smells and sounds.
- We have registered nurses on staff before, during and after your procedure to ensure you receive the best care.
- If you have any questions regarding IV sedation, call our office at 402.327.9400, where one of our registered nurses, surgical assistants, doctors or supporting staff is happy to help.

LENGTH OF PROCEDURE

- The length of your procedure will depend on the degree of impaction, curvature of root and level of infection.
- Wisdom teeth procedures typically take 30 to 60 minutes.
- You can expect to be in our office 1.5 to 2 hours which accounts for consultation, procedure and in-office recovery time.

AFTER YOUR APPOINTMENT

RECOVERY INSTRUCTIONS

- A nurse will take you to one of our state-of-the-art recovery rooms. Our rooms are equipped with high-tech monitoring to ensure your safety.
- We will inform your driver when you are in recovery and show them to your room to go over post-operative instructions.
- Your nurse will stay to answer any other questions you may have before leaving our office and will send printed recovery instructions home with you for your convenience.
- When you get home, we recommend a lot of rest, icing and to begin taking your pain medication before existing numbness wears off.
- We will send you home with a recovery kit that includes extra gauze and gloves for bleeding.
- Slight to severe tingling of the lip, chin and tongue is normal.
- Take off work/school the day of your procedure, as well as the following day. You may want to take off more days depending on how you feel.
- After your procedure, you will be served a cup of your favorite flavor of gourmet ice cream!

TAKE CARE WITH ICE CREAM

At Nebraska Oral & Facial Surgery, we love ice cream! We like to share the love by giving you a cup of your favorite flavor after your procedure. It's a fun little thank you we hope you enjoy!

TIPS FOR A SPEEDY RECOVERY

Our doctors are highly trained so it is unlikely you will have any complications as long as you follow the post-operative instructions provided. You will receive your doctor's personal phone number in case you have any questions.

HOW TO AVOID DRY SOCKETS

1. Avoid touching the wound at all costs, other than changing gauze.
2. No smoking for at least 72 hours after a tooth removal. We recommend permanent smoking cessation.
3. Do not eat food that leave residual particles in your mouth for four days after your procedure. *e.g. popcorn, peanuts, rice and pretzels.*
4. Eat soft foods, such as clear soup, mashed potatoes and pudding.
5. Avoid carbonated drinks.
6. Tell your our doctors about any and all prescriptions you are taking before the procedure.
7. Do not drink through a straw or suck on hard candies for one week.

No vigorous sports for 5 days

No heavy lifting for 5 days

DEFINITELY indulge in your favorite ice cream ☺

No jogging or running for 4 days

No musical wind instruments for 4 days

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M-F
7:00 A.M.TO
5:00 P.M.

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COME FIRST

LINCOLN CENTRAL
2600 S 56TH ST. STE A
LINCOLN, NE 68506

PLEASE SEND ALL PHYSICAL MAIL HERE

LINCOLN NORTH
3252 SALT CREEK CIRCLE
LINCOLN, NE 68504

COLUMBUS
HEALTHPARK MEDICAL OFFICE
4508 38TH ST. STE 210
COLUMBUS, NE 68601

NEBRASKAORALFACIALSURGERY.COM
OFFICE@NEBRASKAORALFACIALSURGERY.COM

402.327.9400
FAX: 402.327.9401

WE STRIVE TO PROVIDE YOU WITH THE MOST CONVENIENT FINANCIAL OPTIONS. WE ARE A PREFERRED PROVIDOR FOR THESE DENTAL INSURANCE NETWORKS:

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- CIGNA
- DELTA
- GUARDIAN
- METLIFE
- PRINCIPAL
- UNITED CONCORDIA AND
- BLUE CROSS BLUE SHIELD (MEDICAL INSURANCE).