



STEVE EDWARDS, D.D.S. ● ROBERTO VILLARREAL, D.D.S. ● CRAIG LONG, D.D.S.
● AIMEE GARCIA, D.D.S. ● LAUREN MALITZ, D.D.S

16131 Nacogdoches Rd ● San Antonio, TX 78247
(210) 655-2753 Ph. ● (210) 655-3443 Fax

ada@advanceddentalsa.com
www.advanceddentalsa.com

POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

TO INSURE RAPID HEALING AND TO AVOID COMPLICATIONS WHICH COULD BE BOTH HARMFUL AND PAINFUL, PLEASE FOLLOW THESE INSTRUCTIONS:

- Place ice packs on your face adjacent to the surgery site to help minimize swelling, especially if bone was removed. They should be used for 2 to 3 hours after surgery. Alternate 20 minutes on and off. Maximum swelling usually occurs 30 hours after surgery. By 72 hours, swelling should be noticeably reduced.
- All bleeding should be controlled with gauze pads placed over the surgery site for at least ½ hour after the operation. Exert a gentle biting pressure. Normally, most bleeding will stop within 1 to 2 hours. Change pads when and if they become saturated.
- **For the first 24 hours DO NOT:**
 - Continually spit out blood or saliva
 - Use a straw
 - Smoke
 - Drink Alcohol or carbonated beverages
 - Engage in strenuous physical activity
 - Rinse out your mouth vigorously
- **For the first 24 hours DO:**
 - Get enough rest.
 - Eat nourishing food and drink plenty of fluids
 - Soft food; EX: mash potatoes, Jell-O, Fish, Pudding, Ice-cream, Apple sauce, ETC....
- After the first 24 hours, rinse out your mouth with warm salt water (1 teaspoon in 16 ounces of water) 4 to 5 times a day for several days. Sutures will be removed by us after 5-7 days.

NOT ADHERING TO THESE INSTRUCTIONS COULD CAUSE THE FOLLOWING COMPLICATIONS:

- Excessive Swelling
- Excessive bleeding
- Infection
- Dry Socket (dislodgement of the clot with painful exposure of bone)

If the pain gets worse instead of better after 3 or 4 days, you may have a dry socket.
This should be treated in the office.

We are doing everything we can to make your surgery as painless and uneventful as possible, but what you do is important, too.