



## SAN ANTONIO SURGICAL ARTS

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### HOME CARE INSTRUCTIONS

#### MEDICATIONS

Patients taking medication to relieve pain or other drugs that may impair reflexes should not operate machinery, cars, etc. while taking these drugs. Antibiotics should be taken as directed until the prescription is finished.

#### EXTRACTIONS & IMPACTIONS

- Bleeding** - Oozing can occur for 18-24 hours. A certain amount of bleeding is expected and the saliva may be blood tinged for 24-48 hours. If bleeding is persistent, it can be controlled by placing a piece of clean gauze (or moist tea bag wrapped in gauze) over the wound and biting on it for 20 minutes. Repeat if necessary. Do NOT rinse your mouth. It is important that the gauze be placed directly over the site where the tooth was removed and not over the adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly. Keep head elevated. Ice packs to the cheek (not directly on skin) are sometimes helpful until bleeding stops.
- Pain** - If you have been given a prescription for pain relief, use it as directed. Otherwise, take Tylenol or Ibuprofen as directed on the label. It is very important that pain medication be taken with FOOD or MILK to avoid nausea and/or vomiting.
- Swelling** - Swelling is a normal reaction to extractions or surgical procedures. The amount of swelling varies from patient to patient and side to side. Swelling takes 48 hours to fully develop. Ice packs should not be directly applied to the skin. Discoloration or bruising of the skin, of the face and neck may occur up to ten days following surgery and should be no cause for alarm.
- Diet & Hygiene** - Proper nutrition is essential for post-operative healing. It is not unusual for food to sometimes collect in an extraction socket. This is rarely a problem and the area will be checked during your postoperative visit. Drink plenty of liquids (water, Gatorade, fruit juices) following your surgery. Eat soft foods (pudding, soup, ice-cream, jello, mashed potatoes) in the first 24 hours following your surgery. Avoid hot foods until numbness wears off. Avoid alcoholic beverages for 24 hours or until completion of prescribed pain medication. Do NOT use straws. When bleeding subsides, you may begin brushing your teeth and rinsing your mouth. A good mouth rinse is 1 tsp. of table salt in 8 oz. of warm water. Mouthwash should be used at 1/4 strength.
- Fever** - A low grade fever may occur following surgery and should be no cause for alarm.
- Emergencies or Questions** - Call our office promptly. When calling after hours, please allow time for the answering service to pick up your call. Please keep your phone line free for a return call. In emergency situations, i.e., allergic reactions, accidents or uncontrollable bleeding, go directly to the nearest Emergency Room or call 911.
- Nausea and/or vomiting** - Nausea and/or vomiting may occur following surgery. The most common cause is taking pain medication on an empty stomach. It is very important that pain medication be taken with FOOD or MILK. If nausea and/or vomiting persists, please call the office.
- Post-Operative Appointment** - Please call to make an appointment 1 week from your date of surgery.

Post-Operative Appointment: \_\_\_\_\_ Patient Name: \_\_\_\_\_

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#### Central Office:

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