

Blanco Family Dental, INC.
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Torrance, CA 90505
(310) 378-8494

Post-Operative Instructions

Please follow all instruction's following extraction

- Keep the gauze pad placed over the surgical area with pressure applied by biting down until the bleeding stops .Change gauze every 10-15 minutes or as needed.
- Do not suck on a straw, spit, or smoke.
- Restrict your activities the day of surgery, and resume normal activity when you feel comfortable.
- Place an ice pack if any swelling occurs. Place for 15 minutes, then remove for 15 minutes, and repeat.
- Some discomfort is expected. For mild pain and discomfort, take ibuprofen (Advil, Motrin). Do not take more than 800mg every 4-6 hours.
- Do not disturb the area for the next few days, especially the first 24 hours. It is very important to allow your body to form a blood clot. Keeping anything sharp from entering the wound by avoiding the following: crunchy food, spicy food
- Smoking should be stopped following surgery. The cigarette smoke chemicals in your body will substantially reduce healing and success of the surgery. Smokers are at a greater risk of developing a painful dry socket.
- Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.
- If suture were used, do not fail to return for their removal appointment date given.
- It is best to have a soft diet on the day of the extraction. Avoid foods that are crunchy such as popcorn or spicy foods.
- Please call our office if you have any uncontrollable pain, excessive or severe bleeding, marked fever, excessive warm swelling occurring a few days after procedure, reactions to medications, especially rash, itching, or breathing problems.

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.