



CENTRAL VALLEY
DENTAL IMPLANT
& ORAL SURGERY INSTITUTE

QUICK REVIEW FOR FIRST WEEK

1

ONCE HOME, REMOVE GAUZE
AND REST WITH AN ICE PACK

EAT SOMETHING AND TAKE MEDICATION
AS DIRECTION AND NEEDED

2

3

USE ICE PACKS FOR 2 DAYS TO REDUCE
SWELLING, THEN SWITCH TO HEAT
PACKS ON THIRD DAY

TAKE IT EASY AND RELAX AROUND
THE HOUSE FOR A FEW DAYS

4

5

MAINTAIN A SOFT DIET FOR A
FEW DAYS AND AVOID STRAWS

THE DAY AFTER SURGERY START BRUSHING
AND DOING WARM SALT WATER RINSES

6

7

NO HEAVY LIFTING OR STRENUOUS
ACTIVITY FOR ONE WEEK

CALL US IF YOU HAVE ANY
QUESTIONS OR CONCERNS

8