

## Armory Dental Implant & Oral Surgery

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### **FOR THE FIRST 24 HOURS DO NOT:**

- Use straws.
- Spit.
- Eat or drink hot foods.
- Smoke.
- Drive while taking prescribed pain medication or if you have had general anesthesia.
- Sign important documents.
- Exercise, swim, or lift heavy weights.

### **TO PROMOTE HEALING**

- Take the prescribed pain medication with applesauce or jello.
- Keep firm pressure on the area by biting on gauze if heavy bleeding starts again. Expect some bleeding and oozing for several hours, especially after numbness has worn off.
- Eat soft, cool foods. Crushed popsicles.  
Drink plenty of cool fluids from a cup.
- Use ice packs to prevent swelling (10 minutes on/10minutes off.)
- Rest with your head elevated. Rest is what heals.
- Avoid dairy products initially.
- If you had implants placed, use a Q tip to gently cleanse the exposed metal.

### **STARTING TOMORROW**

- GENTLY rinse your mouth with warm salt water 3X a day, especially after eating.
- Continue with pain medication, as needed.
- Brush your teeth, but not the area of surgery.
- Some minor bleeding may occur. Use gauze as needed.
- Avoid foods such as chips, popcorn, nuts, and anything crunchy or hard. Follow a soft diet.
- **DO NOT:** If you are taking the prescribed pain medication you should stay home. Do not drive, work, or go to school. Do not lift heavy weights or exercise vigorously.

### **Other Instructions:**

**DO NOT TAKE TWO DIFFERENT NARCOTIC MEDICATIONS AT THE SAME TIME**

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### **FOLLOW UP APPOINTMENT**

**DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ AM/PM**