

## Post-op instructions for Extractions and Dental Implants

1. Continue to take prescription and over the counter medications as directed.
2. Have a light schedule for the next 48 hours. No exercise or strenuous activities.
3. Please brush gently when getting close to the area.
4. Avoid oral rinses for 48 hours as it may cause bleeding.
5. If prescribed an antibiotic, please continue to take as directed. We recommend probiotics be taken daily with antibiotic use.
6. We will provide ice packs. Use on and off every 20 minutes until bedtime.
7. Take any pain medications as directed for the first 24 hours and then as needed.
8. Decrease or minimize smoking as this can prolong healing. If you must smoke, cover the area with wet gauze.
9. Avoid extremely hot temperature food or drink and do not eat spicy, crunchy or acidic foods or drinks for the first 48 hours.
10. Avoid straws for 48 hours after surgery and no spitting as this can dislodge the clot.
11. Avoid alcohol, coffee and black tea for 48 hours.
12. **Avoid biting or chewing on front tooth; cut foods into small portions and use back teeth for chewing.**
13. Use an extra pillow and keep your head elevated the first 24 hours after surgery.
14. Use an old pillow case or cover pillow with a towel to avoid stains.
15. **No nose blowing for 48 hours after surgery. Use Afrin if needed. If you need to sneeze, you must sneeze with your mouth open.**
16. **Please call our office with any questions or concerns [404-264-1944](tel:404-264-1944)**

Antibiotic given: \_\_\_\_\_ Start: \_\_\_\_\_

Please take probiotics while on antibiotics. Take an hour or two before or after antibiotic.

Pain meds given: \_\_\_\_\_ to take as needed after surgery.

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient signature: \_\_\_\_\_ Witness: \_\_\_\_\_

