



**ORAL SURGERY ASSOCIATES
& DENTAL IMPLANT CENTERS**

Recap for the first week:

1. When you get home, you may remove your gauze as instructed, and rest with an ice pack.
2. Make sure to eat something, and take the medications as directed.
3. On the third day you can switch from ice packs to heat to help with any swelling.
4. Relax for the next couple of days.
5. Don't use straws, and eat a soft food diet.
6. You can brush your teeth the day after surgery gently.
7. No physical activity for one week after surgery.
8. If you have any questions, please call the office for additional assistance.