



WATTERSON DENTISTRY

## IMPLANT CARE INSTRUCTIONS

### Do:

- Be careful while you are still numb
- Drink plenty of water
- Eat softer foods
- Use an ice pack in the area of the extraction(s)
- Begin taking medications as prescribed as soon as possible
- Brush and floss remaining teeth as normal, using gentle care around the extraction area
- Call Dr. Watterson if you have any questions or concerns (517) 782-1467

### Don't:

- Drink through a straw
- Spit
- Smoke cigarettes or marijuana
- Sneeze with your mouth closed or "holding it in", or cough hard
- Eat hard crunchy foods
- Eat or drink hot (temperature) foods/drinks while numb
- Drink alcoholic or carbonated beverages for 48 hours
- Swish or rinse vigorously
- Lift heavy objects or exercise vigorously for 48 hours
- Remove stitches (if placed)
- Hesitate to call Dr. Watterson if you have questions or concerns (517) 782-1467