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CARING FOR YOUR MOUTH AFTER EXTRACTIONS AND IMPLANTS

1. Bite on gauze for one hour after procedure.
2. Apply ice in 15 minute intervals for the first 36 hours.
3. Stay off your feet as much as possible. Avoid any exercise.
4. Take pain medication if necessary, when gauze is removed.
5. Avoid Smoking for 5 days.
6. No spitting for 5 days.
7. Do not drink through a straw for 5 days.
8. Cool liquids only for the first 36 hours. May have cool soft foods such as pudding or jello.
9. Eat foods you can tolerate after 36 hours.
10. Begin to apply moist heat after 36 hours.
11. Warm salt water rinses after 5th day (1tsp. in 4oz. of water) every 4 hours.
12. Call the office if you have any questions or problems.