

# 7-DAY DENTAL IMPLANT RECOVERY CHECKLIST

## DAY 0: SURGERY DAY

- ☐ REST FULLY AT HOME
- ☐ ICE ON/OFF FOR 20 MINS
- ☐ BITE GAUZE 30-60 MINS
- ☐ EAT MUSHY FOODS (YOGURT)
- ☐ NO DRIVING IF SEDATED

## DAYS 1-2

- ☐ ICE FIRST 48 HRS, THEN WARM PACKS
- ☐ TAKE IBUPROFEN FOR PAIN
- ☐ SIP COOL SMOOTHIES/PUDDING
- ☐ SALTWATER RINSE AFTER DAY 1
- ☐ SLEEP WITH HEAD PROPPED UP

## DAYS 1-2

- ☐ EAT SQUISHY FOODS (MASHED POTATOES, EGGS)
- ☐ BRUSH GENTLY, SKIP SORE SPOT
- ☐ SHORT WALKS OK
- ☐ RINSE 2-3X DAILY

## DAYS 3-4

- ☐ EAT SQUISHY FOODS (MASHED POTATOES, EGGS)
- ☐ BRUSH GENTLY, SKIP SORE SPOT
- ☐ SHORT WALKS OK
- ☐ RINSE 2-3X DAILY

## DAYS 3-4

- ☐ BRUSH AND FLOSS GENTLY
- ☐ LIGHT ACTIVITIES/WORK
- ☐ ATTEND CHECK-UP
- ☐ TRANSITION TO SOFTER REAL FOODS