**Dental Implant Post-Operative Instructions:**

1. Take 2 Advil tabs with 1 Tylenol tab every 6 hours for the first 2-3 days. This will reduce inflammation and soreness.
2. Use ice packs (or frozen peas) to control inflammation
3. Take antibiotic as prescribed
4. **DO NOT** chew or eat hard foods. Stay with a soft diet for one week. Cut food into small pieces.
5. **DO NOT** rinse, spit, or drink through a straw for 24 hours after the procedure.
6. After 24 hours, rinse often (at least 5-10 times per day) with warm salt water.
7. **DO NOT** smoke for 72 hours. Smoking can decrease success for the healing of the implant and tissue.

Please DO NOT hesitate to call me at the office 780-624-9464, if you have any concerns whatsoever.

Sincerely,

Dr. Winston Wing BSc, DDS