

# Dental Implant Recovery Checklist (Ready to Use)

## 30-Day Dental Implant Recovery Checklist – Alta Loma Dental Care

### First 24 Hours

- Bite on gauze for 30–60 minutes
- Apply ice pack 20 min on / 20 min off
- Take first dose of pain medication
- Keep head elevated
- No rinsing, spitting, or straws

### Days 2–3

- Continue ice therapy
- Gentle warm salt water rinses
- Soft/cool foods only
- No strenuous activity
- Sleep with head elevated

### Days 4–7

- Transition to lukewarm soft foods
- Gentle brushing of non-surgical areas
- Continue prescribed mouth rinse if given
- Light walking OK

### Week 2

- Gradual return to normal diet (as comfortable)
- First follow-up appointment
- Resume light exercise

### Month 1

- Continue excellent oral hygiene
- Avoid smoking and alcohol
- Monitor for any warning signs

### Long-Term (Ongoing)

- Brush & floss daily
- Six-month professional cleanings
- Wear nightguard if recommended