

ZPAK

Starting today, no exceptions:

Morning and Night (2x/day):

1. Floss
 2. Use electrical toothbrush (brush for 4 minutes)
 3. WaterPik
 4. Rinse with Smart Mouthwash
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Preparing for Surgery

1. DO NOT COME IN ON AN EMPTY STOMACH. Make sure to eat breakfast or lunch.
 2. Start Zithromax, the morning of surgery. Take 2 initially and then 1 every 24 hours.
 3. Start Ibuprofen 800mg after surgery. Take 1 tablet every 8 hours for at least 3 days.
 4. If pain is SEVERE, take Ibuprofen and Tylenol 500mg (over-the-counter).
Take 2 tablets of Tylenol 500mg and 1 tablet of Ibuprofen 800mg every 8 hours, as needed.
 5. DO NOT take Tylenol, if pain is controlled with Ibuprofen.
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Expect to be on a soft diet for at least 4-6 weeks.

No smoking for 1 week after surgery.

Visit our website for instructional videos: www.dentallaserchicago.com