

POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL TREATMENT

1. Anesthetic duration depends on patient's metabolism.
2. Avoid seeds, spicy, hot or crunchy (pop corn, chips, etc) foods for the next 48 hours.
3. Rinse with warm salt water for the next 48 hours before bedtime(1 cup of water to 1 teaspoon salt ratio)
4. No smoking is advised because smoking reduces oxygen to the tissue and bone and does not allow for ideal healing.
5. In case of discomfort after anesthetic wears off, you may take any over the counter pain medication such as Tylenol or Advil.
6. Sensitivity is not uncommon after the procedure so you should use sensitive toothpaste.
7. Keep treated areas especially clean: floss/brush/rinse with antibacterial mouthwash to maintain excellent hygiene.
8. It is very important to the success of your treatment that you return in 4-6 weeks for a completion procedure to evaluate your pocket depths and how well your gum tissue is healing. At this visit we will determine how frequently you will need to come in for periodontal maintenance cleanings to help maintain the level of gum health we have achieved.
9. If you have any questions or concerns please do not hesitate to call your hygienist or dentist.

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