



Periodontal Treatment Post Operative Care

You can take over the counter, non-aspirin, pain medication for any discomfort you may have.

Drink at least 8 glasses of water today to remove any bacteria that is present.

Avoid eating crunchy, spicy or hot foods today i.e. chips, raw carrots, crispy fried chicken.

Rinse with warm salt water if your gums are sore and tender.

Brush gently today even if your gums are tender to help remove the plaque that has started to reform. Always use a fluoridated toothpaste.

You don't have to floss or use any home care aids the day of your treatment if there is too much sensitivity. Starting the following day, do so daily.

Follow all of your home care instructions exactly as directed. Additionally, keep all scheduled hygiene appointments. These appointments are very important for the success of your treatment.