

## **POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL THERAPY**

1. **Anti-inflammatory/Pain medication.** Suggested Product names: Tylenol, Advil, Motrin, or Aleve. Take according to manufacturer's directions on label. **Take 1 dose immediately following procedure.** Take 2<sup>nd</sup> dose after anesthesia (numbing) wears off, according to time requirements by manufacture between doses. Take additional doses only if needed. This will reduce swelling of gums, decrease jaw fatigue and decrease pain.
2. **Warm Salt Water Rinses** for tenderness or soreness of gum tissue. 8 oz. of water to 1/8-1/4 teaspoon salt. Rinse 3-4 times a day minimum. This will soothe the gums.
3. **Soft Food Diet** for 24-48 hours depending on how patient feels. **Avoid:** Hard crunchy foods such as taco chips, peanuts, hard vegetables, seeds, hard toasted breads, & spicy foods.
4. **Brush gently 2-3 times a day.** Investing in a **Sonicare** Electric Brush is strongly recommended. Keeping your mouth plaque free by proper brushing and flossing will help speed the recovery process and will also help insure against further periodontal treatment in the future.
5. **Cold Sensitivity:** Recommend sensitive type toothpaste such as Crest, Sensodyne, or Colgate. **Severe Sensitivity:** Fluoride gels or mouth rinses such as **Fluoridex** may be purchased at the dental office. **Directions:** Place a pea sized amount of fluoridex on your toothbrush along with your regular toothpaste. When you are finished brushing swish the toothpaste for 1 minute and spit out. **DO NOT** rinse, drink or eat for 30 minutes after brushing.
6. **Hygiene Aids recommended.** Sonicare toothbrush, proxybrush, glide floss, end tuft, floss mate, floss threaders, and/or stimudents.

**If you have any questions or concerns, please do not hesitate to call our office at (757)427-7130.**