

## HOME CARE INSTRUCTIONS FOLLOWING PERIODONTAL TREATMENT:

- You can take an over the counter pain medication for any discomfort you may have.
- Drink at least 8 glasses of water to help remove the bacteria that is present.
- Avoid eating crunchy, spicy, or hot foods today,.i.e.; taco chips, carrots, crispy chicken etc.
- Rinse with WARM salt water if your gums are sore and tender.
- Brush gently today even if your gums are tender to help remove plaque that has started to reform. (Always use a gentle fluoridated tartar control toothpaste)
- You do not need to floss or use any home care aids (ie: toothpicks) today if there is too much sensitivity, but starting tomorrow do so each day. It is very important to make sure you are flossing once a day, every day.
- Follow all our home care instructions exactly as directed. Success of treatment depends directly on the improvement of your oral hygiene care.
- We recommend:
  - \*Electric toothbrush
  - \*Sonicare or Oral B vitality Essence
  - \*Glide Oral B-floss
  - Floss everyday 1 time per day
  - \*tarter control toothpaste
  - Colgate total, crest tarter control, or sensodyne with tarter control toothpaste.
  - \*Daily mouth rinse with fluoride in it
  - Listerine total care or ACT total care