



Patient Instructions for after Periodontal Treatment

- For pain or discomfort, you may take over-the-counter pain medication as directed on the package.
- It is advisable to eat only soft food for the first 24 hours and avoid any hard or spicy foods to avoid infection and irritation of the gums.
- Drink plenty of water during the first 24 hours (at least 8 glasses are recommended).
- Place cold towels or an ice bag on your face. Apply for 15 minutes, then remove for 15 minutes over the first 4-6 hours.
- On the morning following your treatment, rinse your mouth with warm salt water (1 tsp. of salt dissolved in 8 ounces of warm water).
- Brush your teeth gently to help remove plaque that has started to form.
- Don't use floss or other tooth care aids such as toothpicks or an electric toothbrush until the day after your treatment.
- Please come to your regular periodontal maintenance checkups so that we can monitor your progress and help prevent recurrence.

Please follow these home instructions carefully and call our office if you have any questions or concerns. (704) 542-7552