

HOME CARE INSTRUCTIONS FOLLOWING PERIODONTAL TREATMENT

- Schedule your next visit. The best way to manage periodontal disease is with regular maintenance visits.
- Rinse with Chlorhexidine twice a day for 10-14 days.
 - Use 15 mL or 1 TBS of Rinse, swish for 30 seconds and spit out
 - Do not eat or drink for 30 minutes following use of rinse
- Practice diligent oral hygiene. Floss at least once a day, brush at least twice a day using good gentle technique.
- You can take over the counter pain medication if you experience any discomfort.
 - Ibuprofen (Advil, Motrin) 200-400 mg every 8 hours
 - Acetaminophen (Tylenol) 325-500 mg every 6 hours
- Warm salt water rinses are soothing and help promote healing. Rinse as needed if you have any discomfort
 - ½ -1tsp salt dissolved in 8 oz warm water, swish mouthful, spit out and repeat
- Often teeth will be more sensitive following a deep cleaning. Avoiding extreme temperatures in food and drink may be helpful.