

Home Care Instructions Following Periodontal Treatment

- Over the counter pain medication may be recommended for any discomfort you may have.
- Drink at least 8 glasses of water today to remove excess bacteria from your system.
- Avoid eating any crunchy, spicy or hot foods today.
- Rinse with warm salt water if your gums are sore and tender (1 tsp salt to 8 oz of water).
- Avoid using floss or interproximal cleaning devices today if there is too much sensitivity. But starting tomorrow, do so each day.
- If localized antibiotic therapy (Arestin) has been placed , you should avoid eating hard, crunchy, or sticky foods for 1 week and postpone brushing for a 12-hour period, as well as avoid touching treated areas. Patients should also postpone the use of floss or interproximal cleaning devices for 10 days after administration of Arestin.
- Follow all our home care instructions exactly as directed.
Success of treatment depends directly on the improvement of your oral hygiene.