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**INSTRUCTIONS AFTER PERIODONTAL TREATMENT**

- For pain or discomfort you may take over-the-counter pain medication.
- It is advisable to eat only soft food for the first 24 hours, and avoid any hard or spicy foods which could cause irritation.
- Drink plenty of water during the first 24 hours – at least 8 glasses are recommended.
- Place cold towels or an ice bag to the outside of your face in the treated area. Apply for 15 minutes, then remove for 15 minutes during the first 4-6 hours.
- On the morning after the treatment, rinse mouth with warm salt water (½ teaspoon salt to a glass of warm water). Repeat this several times daily.
- Brush teeth gently to help remove plaque that has started to form. We suggest using fluoridated, tartar control toothpaste.
- Don't use floss or other home tooth care products, such as toothpicks or electric brushes, until the day after your treatment. Begin very gently at first.
- Because it is very common for periodontal disease to recur, patients should have regular checkups to monitor progress and prevent recurrence.
- Other Instructions: \_\_\_\_\_

**Please follow these home care instructions carefully and call this office if you have any questions or concerns.**