

First Impressions Dental

INSTRUCTIONS FOLLOWING PERIODONTAL TREATMENT

- You can take over the counter pain medication for any discomfort you may experience.
- A rinse is prescribed to help combat the bacteria responsible for the condition. In more advanced cases a systemic antibiotic is prescribed to help control the bacteria.
- Drink 6-8 glasses of water today and rinse your mouth out every few hours with the prescribed rinse to remove the bacteria present.
- Avoid crunchy, spicy or hot foods today.
- Brush gently today to help remove the plaque that has started to reform.
- The day following treatment, the recommended home care aids in addition to your regular brushing and flossing. (i.e. Interproximal brushes and stimulators).
- You will have a maintenance appointment 3 months after the completion of the periodontal treatment to evaluate the results and determine the ongoing periodontal maintenance frequency.
- Your teeth may be more sensitive to changes in temperature. This is normal and to be expected. This will decrease over time.
- Follow all our home care instructions exactly as directed. Success of treatment depends directly on the improvement of oral hygiene and the awareness of the condition.