



## **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*