



RAPHA DENTAL

Gentle & Affordable Dentistry

PATIENT INSTRUCTIONS AFTER PERIODONETAL TREATMENT

- PERIODONTAL TREATMENT

- For pain and discomfort, you may take over the counter pain medication.
- It is advisable to eat only soft foods for the first 24 hours, and avoid any hard or spicy foos 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 salt water (1/2 tea spoon salt to a glass of warm water). Repeat this several times a day.
- 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.