

## POST OPERATIVE INSTRUCTIONS FOR SOFT TISSUE MANAGEMENT

Congratulations in taking the first step towards correcting your gum problem! Please read the following instructions, as they will make your recovery period as uneventful as possible. These instructions will apply to both of your scaling appointments so don't discard. Keep this as a handy reference.

- 1) Maintain optimum oral hygiene as directed by your hygienist/ Dr. You should be using on a daily basis the (circle) Tooth Brush, Oral irrigator, Rotodent, Floss, Floss Threader, Floss holder, Proxi-brush, Other\_\_\_\_\_. Keep in mind that in the days that follow your gums may be a bit sore and this might discourage you from performing home care correctly. Please don't let this happen. More aggressive home care will help your gums heal faster and actually reduce this period of discomfort. If you are having any difficulty in "doing it correctly" inform us at your next visit so we can work on it.
- 2) You may take ibuprofen (advil), or tylenol to reduce your discomfort. Take it before the novocaine wears off. It is preferable that you take Tylenol as the other medicines may prolong bleeding.
- 3) Begin using the products given today. In the AM brush with Oxyfresh toothpaste (only a small drop of tooth paste is needed). Brush your teeth and the back of your tongue. Follow this by flossing. Then swish with one capful of the rinse for 90 sec. (Please don't put your mouth on the bottle as it will prematurely activate the rinse. In the PM do the same program except you will substitute flossing with the irrigator. When you use the irrigator, fill the reservoir  $\frac{3}{4}$  with warm water and 1 cap of Oxyfresh rinse. Since you are adding the rinse to the irrigator, you can skip this step also in the PM
- 4) You have been given a fluoride gel today. Massage it into your gum line before bedtime. You can massage it in with your fingers or Q tip. This will aid considerably in tissue healing. The fluoride will help to prevent sensitivity to cold.
- 5) If we placed antibiotics in your gums today, do not use the irrigator or floss in that area. You may brush normally.
- 6) If you were given a prescription for **Periostat** please fill it right away. For optimum results it's important for you to take it twice a day, for a minimum of 3 months. Do not take it with milk products.
- 7) If any unusual problems persist please call the office for assistance, if after hours please call me at 201-618-7978

We thank you for allowing us to treat and maintain your periodontal health. Your cooperation insures a lifetime of healthy teeth and gums. Maintaining all future appointments is critical in keeping this problem under control, as there is no cure and recurrence is common.

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