

Aftercare Instructions for Periodontal Treatment

1. Oral Hygiene:

- Brush your teeth gently but thoroughly with a soft-bristle toothbrush after each meal and before bedtime.
- Use an antimicrobial or prescribed mouthwash as recommended by your dentist.
- Floss daily to remove plaque and debris between teeth and along the gumline. Be gentle to avoid causing any irritation.

2. Diet:

- Stick to a soft diet for the first few days after treatment to minimize stress on your gums.
- Avoid spicy, hot, or very cold foods, as they may cause discomfort.
- Avoid chewing on the treated area if it's sore.

3. Pain and Discomfort:

- Over-the-counter pain relievers (e.g., ibuprofen) can help manage any pain or discomfort. Follow your dentist's instructions for dosing.
- If prescribed, take any antibiotics as directed by your dentist.

4. Swelling:

- Some swelling may occur, especially after surgical procedures. Applying an ice pack to the outside of your face for 15-20 minutes at a time can help reduce swelling.

5. Bleeding:

- Minor bleeding from the treated area is normal for the first 24-48 hours. You can gently bite on a clean gauze pad to control bleeding.

6. Activity:

- Avoid strenuous physical activity for the first 24-48 hours to prevent bleeding and discomfort.

7. Smoking and Alcohol:



IMPLANT - COSMETIC - SURGICAL

- If you smoke, try to abstain from smoking during the healing process, as smoking can delay healing.
- Limit alcohol consumption, as it can interfere with healing and may interact with prescribed medications.

8. Follow-Up Appointments:

- Attend all follow-up appointments scheduled by your dentist or periodontist to monitor your healing progress and remove any stitches if necessary.

Expectations During the Healing Process:

- Slight discomfort, swelling, and minor bleeding are common in the first few days after treatment but should gradually improve.
- Your gums may appear red and feel tender.
- Healing times vary depending on the type and extent of the treatment. It may take several weeks for complete healing.

It's crucial to adhere to your dentist's specific recommendations, as they may modify these instructions based on your unique situation. If you experience severe pain, excessive bleeding, or any unexpected complications, contact our office immediately.