

Periodontal Treatment Post-Op Instructions

- After undergoing a periodontal treatment, gum recontouring, or periodontal surgery, you can use an OTC medication to help relieve any discomfort.
- You should maintain a soft food diet for the first 24 hours and avoid anything that is spicy or hard to chew.
- Drink plenty of water to stay hydrated—at least 8 glasses a day are recommended.
- To help with pain and/or swelling, you can apply an ice pack, bag of frozen vegetables, or a cold towel to the face near the treated area. Use it for 15 minutes on and 15 minutes off for the first 4-6 hours after your procedure.
- The next morning after your treatment, be sure to rinse your mouth (gently) with warm saltwater. Repeat this *at least* 3 times a day.
- You can brush your teeth but be very careful to not touch/irritate the treatment area.
- You should avoid flossing or using products such as toothpicks or electric toothbrushes for the first 24 hours. After the first day, you can resume their usage, but with a VERY light touch.
- Maintain regular follow-up appointments with Dr. Farian, as periodontal problems are likely to reoccur without consistent professional care.

If you have any questions or experience any type of problem after a periodontal procedure, please do not hesitate to contact Farian Dental Care.