



Care Following Periodontal Treatment

+ Medications: Unless contraindicated or refused you have been given an initial dosage of pain medication. We strongly suggest that you continue with pain medications as follows:

600 mg of Ibuprofen (3-200mg tablets) every 6 hours for the next 36-48 hours

or

500-1000 mg of Extra Strength Tylenol (1-2 tablets) every 6 hours for the next 36-48 hours.

Take all other medications and any prescriptions given here as prescribed.

+ Drink plenty of water today and avoid eating crunchy or spicy foods for the next 48 hours.

+ Oozing of blood from the gum tissues over the next 24 hours is normal

+ Rinse gently with warm salt water a few times a day if your gums are sore.

+ You **MUST** keep the area clean. Gently brush with a soft toothbrush (running hot water on your toothbrush will help) and regular fluoridated toothpaste.

+ It may be tender to floss for the next 1-2 days, but you should do so daily after this.

+ Remember, following of home care instructions and keeping your mouth clean is directly related to the success of this treatment.



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