

Post-Operative Care Following Periodontal Therapy

How to Care for your teeth and gums:

1. Use warm salt water rinses 3 - 4 times a day for the first 24 to 48 hours.
2. Take Ibuprofen or paracetamol every 4 - 6 hours as needed for the 1st 24 hours, but not to exceed recommended dosage.
3. Brush gently with a soft brush (i.e. Curaprox),
4. You can start flossing after 48 hours.

Please avoid spicy foods(i.e. pizza) for 24 hours.

Soreness and oozing of the tissue is normal in the first 24 to 48 hours. Please call the practice at 760000, if you have prolonged soreness or swelling.