



DENTAL HEALTH
ASSOCIATES, LTD

Scaling/Root Planing Post-Op Instructions

DAY 1

1. Mix 1 tsp. salt in 2 oz. warm water.
Rinse by holding in mouth for 1 full minute (by your watch).
Repeat every 3-4 hours.
2. DO NOT CLEAN the treated area for 24 hours.
NO brush, NO floss, NO irrigation, NO toothpick, NO rubber tip.
NO under the gum cleaning.

DAY 2 & 3

1. Resume ONLY normal brushing and flossing in the treated area.
2. Rinse 2 times/day with Tooth&Gum Tonic or Closys II oral rinse.

DAY 4 & BEYOND

1. Resume your prescribed homecare routine.

***You may experience some tenderness and/or tooth sensitivity. Be sure to follow the above instructions to minimize discomfort. Please call me if you have any questions or concerns.**

SUGGESTED HOME CARE ROUTINE

Although your gums may look and feel healthy, you are now aware, as shown by the microscopic sample of your plaque, that an *infection exists between your teeth and gums*. It is possible to control the infection causing your problem; however, it will require diligent daily effort on your part.

Remember, the most important part of treating your periodontal condition is in your control. You may be experiencing some bleeding as you manipulate the soft tissue, this is not the normal response of healthy gum tissues. Please follow this suggested home care regimen to improve your periodontal health.

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1. BRUSH in a circular stroke at the gumline as instructed using:

- ___ DENTAL CARE toothpaste ___ Baking Soda
___ ClosysII toothpaste ___ Tooth&Gum toothpaste

2. FLOSS using the wrap technique as instructed to dislodge food debris and disorganize the bacteria (biofilm).

3. PERIO AID (toothpick with handle) Use the technique shown by your perio therapist.

4. IRRIGATE as instructed with suggested solution in Viajet/Hydrofloss irrigation unit*. Set irrigator on MEDIUM.

___ Tooth&Gum Concentrate. Add 1/3 - 1/2 capfuls per 7 oz. of water in the oral irrigator's reservoir.

___ Salt Water. Combine 1 tablespoon salt with 1 cup warm water. Mix in a small bowl before adding to irrigator.

5. RINSE vigorously once/twice per day.

___ 1 Tbs. Closys II - has no alcohol, no taste, no mint.

___ 1/2 capful Tooth & Gum tonic per 5 oz. of water - - has no chemicals and no fluoride. totally herbal.

It is common to experience some redness or soreness at the beginning as well as slight to moderate bleeding. We suggest you return as recommended so we may monitor your return to health.

** It is important to flush your irrigator with warm water after every use. Be sure to remove tip from handle. Salts/oils may damage irrigator if not flushed after each use.

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