

POST-OPERATIVE HYGIENE INSTRUCTIONS

Please, follow the indicated instructions

- Peridex, Closys, Peroxyl mouthwash:
Swish with ½ oz of mouthwash following thorough brushing and flossing in the a.m. and in the p.m. NOTE: Peridex may cause brownish gray staining when used 2 hours before or after eating or drinking. Stain is easily polished away at your next visit.
- Manual toothbrush instructions:
Angle brush bristles towards gums, then roll brush bristles direction “gum tooth,” or down on the top and up on the bottom, deflecting the bristles between the teeth and stimulating and cleansing gums and teeth. 5 to 10 brush strokes for every 2 to 3 teeth. Use the tooth brush lengthwise behind upper and lower front teeth. Use this same technique with the Sonicare toothbrush. Change toothbrush head or manual toothbrush every 3 months.
- Electric (Braun Oral B) toothbrush instructions:
Employ a “rock and roll” technique with each tooth individually, deflecting the brush bristles between the teeth and up under the gums. Use the tooth brush lengthwise behind upper and lower front teeth. Change toothbrush head every 3 months.
- Tongue cleaning:
After brushing your teeth, brush your tongue with your toothbrush, starting as far back as possible and brushing forward.
- Post-operatively:
Avoid anything hard and crunchy, hot and spicy or anything with seeds or shells for approximately 24-48 hours.
- NSAIDs:
Take 2 to 4 200 mg Advil Ibuprofen, OR 2 to 4 200 mg Tylenol Acetaminophen, as needed for discomfort.
- Salt water rinses:
Rinse with a warm salt-water solution (½ teaspoon salt in 8 oz. warm water) two to three times day for the next 48 hours.
- Interdental cleaning:
GUM Soft Pik or Proxybrush. Optional: PerioGel
- Dental floss:
Wrap 12 to 18” of floss around your middle fingers, until you have 1” of floss stretched between your fingers, gently guide the floss between the teeth, form a “C” shape around a tooth and scrape up and down, under the gums until you meet resistance, but, do not feel pain. Use the same technique on the adjacent tooth and between all remaining teeth.
- Mild sensitivity or bleeding should not prohibit you from good thorough brushing and interdental cleansing. For acute pain or sensitivity, please, contact the office immediately, this may be a sign of an abscess which will not resolve without professional attention.
- Refrain from smoking for 24 hours or longer. Tobacco interferes with healing.
- If you have any questions or concerns, please call our office.
- Product recommendations: