

Post Perio Treatment Care Instructions

- It is normal for your **gum tissue to be sore, red, or possibly swollen** after today's treatment. We recommend doing warm salt water swishes for 4-5 days following treatment

Salt water rinse — Mix **1/4 teaspoon salt** in **1/4 cup warm water**. Swish **3 times per day** for **60 seconds** each time.

After Your Treatment

Please avoid eating and speaking until the anesthetic has worn off to prevent accidental trauma or irritation of the tongue, cheeks, or lips.

- We recommend alternating Advil and Tylenol every 6 hours to help manage any discomfort during the healing process.
- If discomfort is not responding to 6 hour dosing of Advil or Tylenol, you may alternate every 3 hours.
- **Sample dosing schedule:** 9am 400mg Advil, 12pm 1000mg Tylenol, 3pm 400mg Advil, and so on.

Please call our office if pain continues beyond the first **two weeks** and/or is not treatable with Advil or Tylenol.

You can resume normal brushing and flossing as directed by your provider.

When to Call Our Office

Please call our office if symptoms persist, worsen, or if you have any concerns about your healing.

Thank you for the opportunity to be your dental team. We are honored to be entrusted with your care and look forward to seeing you again!