

WEST PORTAL FAMILY DENTISTRY

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HOME CARE FOLLOWING PERIODONTAL TREATMENT

You can take over the counter, non-aspirin, pain medication for any discomfort you may have. Drink at least 8 glasses of water today to remove any bacteria that are present.

Avoid eating crunchy, spicy or hot foods today i.e chip, raw carrots, crispy fried chicken. Rinse with warm salt water if your gums are sore and tender.

Brush gently today even if your gums are tender to help remove the plaque that has started to reform a small amount bleeding is normal for 1 to 2 days. If excessive bleeding occurs. Please contact office.

You don't have to floss or use any home care aids the day of your treatment if there is too much sensitivity. Starting following day, do so daily. Follow all your home care instruction exactly as directed. Additionally keep all scheduled hygiene appointments. These appointment are very important to the success of your treatment.

Please contact the office if you experience any usual symptoms.