

PERIODONTAL

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Periodontal Therapy / Soft Tissue Laser Therapy involves removing bacterial plaque and tartar from the root surface below the gum line. This reduces inflammation/infection and allows re-attachment of the gums to the root surface. The depth of the periodontal pockets is reduced thus allowing more efficient flossing and brushing.

DURING THE FIRST 24 HOURS:

- A. Do not eat or drink hot foods/ any food until the effect of anesthetic wears off.
- B. Do not eat food that is extreme in temperature, spicy, tiny seeds or popcorn for 24 hours.
- C. No vigorous physical exercise for first 24 hours.
- D. Do not use a straw or sucking motion/No vigorous rinsing.
- E. Do not smoke or consume alcoholic beverages for at least 48 hours.

THINGS TO DO:

- A. For any discomfort you can take ibuprofen (Advil) or acetaminophen (Tylenol).
- B. Consume a soft diet for a day or two.
- C. Rinse gently with a warm salt water rinse, one teaspoon in an 8 oz. glass of warm water, 3 times a day.
- D. Gently brush with the Nimbus toothbrush and floss the treated area 2 times a day for 1 week. Then resume normal brushing with your electric toothbrush in a week or until soreness is gone.
- E. Rinse with chlorohexidine gluconate (Peridex) if prescribed, for 30 seconds twice daily, after breakfast and before bedtime for 1 week.
- F. Please call the office any time if you have any concerns or questions: (949) 734-0126.