

# Promenade Complete Dental Center

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## Post-operative Instructions for Periodontal Treatment

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Discomfort may arise from the procedure done today. To minimize this, the following instructions will be helpful:

- ❖ Warm salt water rinses – ½ tsp. salt to ½ glass warm water, as needed.
- ❖ Aspirin, Tylenol or any of the ibuprofens (Advil, etc.) for any discomfort IMMEDIATELY following the appointment.
- ❖ Refrain from smoking for 24 hours.
- ❖ Tooth sensitivity is normal and temporary. You may use an over the counter product for sensitivity, such as *Sensodyne*. In addition to desensitizing toothpaste, you may be prescribed *Prevident*, a fluoride toothpaste.
- ❖ Highly nutritious food is necessary for healing process. A soft diet is recommended. Avoid foods that are sticky, crunchy, or coarse, as well as foods that require excessive chewing.
- ❖ Follow any additional instructions explicitly, as this is a major factor in the prognosis of the treatment.
- ❖ Return to office in \_\_\_\_\_ months for your periodontal preventative care appointment













Please do not hesitate to call the office with any questions or concerns.

Type \_\_\_\_\_ Perio

Treatment recommendations: \_\_\_\_\_

Preventative Care Homework: \_\_\_\_\_

### Risk Profile

	Low	Mod.	High
Periodontal			
Biomechanical			
Functional			
Dentofacial			
Medical Precautions	