

## **POST-OP CARE FOR GUM THERAPY**

Congratulations on completing your Gum Therapy! This is an important step in improving your oral health. Following these post-operative instructions will help maximize the benefits of your treatment and promote a swift recovery. Please read and follow the guidelines below:

### **Oral Hygiene:**

- Gentle brushing: Resume brushing your teeth with a soft bristle toothbrush after Gum Therapy. Be extra cautious around the treated areas, and avoid applying excessive pressure.
- Flossing: You can continue flossing, but take care not to irritate the gums during the healing process. If there is discomfort, postpone flossing until your gums have healed.
- Prevident (if prescribed): After brushing and rinsing as normal, apply a thin ribbon of gel to the teeth with a toothbrush or mouth trays for at least one minute, preferably at bedtime. For best results, do not eat, drink, or rinse for 30 minutes after use.
- Peridex (if prescribed): Swish 1 tablespoon (a capful) in your mouth undiluted for 30 seconds, then spit out. Use it once per day.
- NOTE: Using Prevident and Peridex once per day, but not together, is a common practice in dental care. Alternate their use, using Prevident at night and Peridex in the morning.

### **Discomfort and Swelling:**

- It is common to experience some discomfort and swelling after the procedure. These temporary effects should subside within a few days.
- Over-the-counter pain relievers like ibuprofen or acetaminophen can help manage any discomfort. Follow the recommended dosage instructions. Avoid aspirin, as it may increase bleeding.

### **Contact our office (972-355-2222) if:**

- Excessive bleeding continues for an extended period.
- Severe pain or swelling persists beyond a few days.
- You experience an allergic reaction to any prescribed medication or treatment.
- Other concerns or questions arise during your recovery.

**Next Appointment:** \_\_\_\_\_