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GENERAL INFORMATION FOR SOFT TISSUE MANAGEMENT PATIENTS

- *Dr. Colonna has prescribed an anti-bacterial rinse called Peridex (chlorohexidine).
- *This medication is an important part of the treatment because it will substantially reduce the bacteria that cause gingival inflammation.
- *When you run out of this medication, call Dr. Colonna to renew your prescription.
- *This medication may cause some staining of the teeth. This staining is not permanent and can be removed by dental instruments in our office.
- *It may be necessary to take (2) Advil (ibuprofen) or (2) Tylenol following each treatment appointment.
- *Set up your Braun Oral B Plaque Control Center following manufacturer's instructions.
- *To achieve optimum results, you should brush your teeth at least 3 times per day.
- *Brush in the morning after breakfast, after lunch, and in the evening before going to bed. If you are not at home for lunch, bring a toothbrush to work.

HOME CARE INSTRUCTIONS

*Home care is a very important part of periodontal therapy.
Non-compliance can cause partial or complete failure of treatment.*

Step 1 - Place toothpaste, (preferably anti-gingivitis), on the bristles of your brush. Brush your entire mouth slowly. Make sure to angle the bristles under the gum tissue.

Step 2 - Fill the tank of the water irrigating device with water as warm as you can tolerate. Make sure the setting is at it's highest setting. Start from the upper right back teeth and gently shoot water between the teeth. Irrigate each space between the teeth for 5 seconds. Stop the irrigator to spit out excess water. Continue around the arch to the upper left. Now start on the lower back teeth and irrigate in between each tooth until you get over to the lower right side.

Step 3 - Pour out a small amount of anti-bacterial rinse (ex. Peridex) rinse into the measuring cup supplied with the rinse. Using a second brush, dip the bristles of the brush into the rinse. Saturate the bristles. Brush your entire mouth, slowly, making sure to angle the bristles of the brush under the gum tissue. Continue to dip the bristles into the rinse. It is normal for a foam to form when you brush.

Step 4 - Dip the Interproximal brush into the Peridex. Saturate the bristles. Gently push the interproximal brush in between the teeth. Do not force in between teeth. Some areas will not allow you to push the brush very far.

Step 5 - Brush the top of the tongue at least 2 times per day.