

Post-Operative Instructions

John W. Cox, DDS and Your Family Dentist, PC team invite you to see a summary of post-op instructions. Call us or Text us at 828-893-0010, if you have any questions:

Periodontal Treatment

Following are some simple instructions for home care after the Periodontal Treatment.

1. For pain or discomfort, you may take over-the-counter pain medication.
2. It is advisable to eat only soft food for the first 24 hours, and avoid any hard or spicy food which could cause irritation.
3. Drink plenty of water during the first 24 hours – at least 8 glasses are recommended.
4. Place cold towels or an ice bag on the outside of your face in the treated area. Apply for 15 minutes, then remove for 15 minutes during the first 4-6 hours.
5. On the morning after the treatment, rinse your mouth with warm salt water (1/2 teaspoon of salt in a cup of warm water, rinse – swish – spit). Repeat this several times daily.
6. Brush teeth gently to help remove plaque that has started to form. We suggest using fluoridated, tartar control toothpaste.
7. Do not use floss or other home tooth care products, such as toothpicks or electric toothbrushes, until the day after your treatment. Begin very gently at first.
8. Because it is very common for periodontal disease to recur, patients should have regular checkups to monitor progress and prevent recurrence.

As always, we welcome your questions, comments and concerns. Should you have any please call us. We appreciate the opportunity to serve you in your dental needs.