



413 S 10th Street
Atchison, KS 66002
(913)367 0203

Periodontal Postoperative Care & Maintenance

For discomfort after treatment:

* Slight discomfort: Rinse with warm salt water (1 tsp of salt in 12oz cup of warm water, swish and spit) as often as you wish.

* Moderate discomfort: Take up to 800mg Ibuprofen (best) or what you normally take for a headache. Should only need for a day or two after procedure.

Lisa and Michelle will suggest the following recommendations for your post-operative care. Please contact them at the office if you have any questions regarding your treatment or post-operative recommendations.

Home Care Recommendations:

- Biotene - OTC rinse that helps manage a dry mouth and its effects on the oral cavity.
- CTX3 rinse - OTC rinse that combines pH neutralizer and fluoride to help with managing decay.
- Floss - For cleaning in-between teeth every time you brush (minimum 1/day)
- Fluoride Gel - Prescription that helps with managing decay.
- Hydrogen Peroxide - Use 1:1 ratio with water swish and spit
- Opalpix - For cleaning in-between teeth every time you brush or get food caught
- Peridex - Prescription rinse that reduces bacterial load. Fill to line inside cap, Rinse and spit daily. Preferably just before bed after teeth are thoroughly cleaned. Note: Common side effects - tea like staining and metallic taste w/ coffee.
- Power Toothbrush - Spinbrush or Rechargeable Brush (use at least 2/day for 2 minutes)
- Proxabrush/Travelprox - For cleaning in-between teeth every time you brush
- Waterpik - For cleaning in-between teeth every time you brush and to massage gums
- Xylitol - 6 gm/day helps with decay prevention. Most commonly seen in chewing gum.

****HOME CARE WILL DETERMINE THE SUCCESS OR FAILURE OF THE PERIODONTAL SURGERY PROVIDED.****

If initial treatment has had limited success, the following procedures are recommended for you:

- Localized antibiotic in problematic areas
- Laser Bacterial Reduction (LBR)
- Oral DNA testing
- Gingivectomy (laser removal of infected/overgrowth of tissues)
- Referral to Periodontal Specialist for further surgery options

Periodontal Maintenance Program Recommendations:

3 month periodontal maintenance intervals with yearly evaluations

Date/Time Scheduled: _____

Lisa RDH and Michelle RDH at Atchison Family Dentistry