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Post Operative Instructions for Soft Tissue Management (Root Plane & Scaling)

Please avoid any foods with small seeds or hulls such as sesame seeds, poppy or popcorn.

Avoid anything containing alcohol, Listerine and other mouthwashes that contain this.

The most important step to take is to keep your teeth and gums as clean as you can, brushing and flossing as much as possible.

Please rinse with the prescribed Peridex, at least twice a day.

You may experience some sensitivity to cold and/or sweets this is normal and should go away quickly.

If you have any questions or concerns don't hesitate to contact our office.