



Periodontal Treatment Patient Instructions

- You may take over the counter pain medication for pain or discomfort.
- It is best to eat only soft food for the first 24 hours, and avoid any hard or spicy foods, which could cause infection.
- Drink plenty of water during the first 24 hours; at least 8 glasses are recommended.
- Place cold towels or an ice bag to the outside of your face in the treated area. Apply for 15 minutes, then remove for 15 minutes, then apply for 15 minutes during the first 4-6 hours.
- On the morning after treatment, rinse your mouth with warm salt water (add 1/2 teaspoon salt to a glass of warm water).
- Brush gently with fluoridated, tartar control toothpaste to help remove plaque that has started to form.
- Don't use floss or other home tooth care products, such as toothpicks or an electric brush, until after the day of your treatment. Begin very gently at first.
- Because it is very common for periodontal disease to reoccur, you should make sure you follow-up with periodontal maintenance appointments.

Please follow these home care instructions carefully and call Dr. Rosenfeld if you have any questions or concerns.

Gary A. Rosenfeld, D.D.S.
228 East Main Street
East Islip, NY 11730
(631) 581-8600
www.garyrosenfelddds.com