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INSTRUCTIONS FOR POST PERIODONTAL TREATMENT

Please read and follow these homecare instructions very carefully. They will promote the healing process and prevent complications. Call the office if you have any questions or concerns. Thank you for being a great patient!

- Rinse your mouth 2 to 3 times per day with warm salt water. One teaspoon of salt per 8oz of warm water. Start homecare immediately and be gentle in your rinsing for the first two days.
- Your gum tissues may feel a little “achy”. Ibuprofen 400-600mg every 6-8 hours will provide relief. Your teeth may feel sensitive to cold. This is only temporary and should subside in a few days. If you wish, you may place a dab of fluoride toothpaste (or fluoride gel from our office) directly on the tooth / teeth that are temperature sensitive.
- Following the periodontal treatment, your first meal should consist of soft foods. Avoid crunchy foods such as popcorn or chips for the next few days as they sometimes irritate the gum tissues.
- Swelling and / or stiffness in the jaw rarely occur. However, should this occur, placing a warm moist cloth to the face in the area of the stiffness should alleviate the condition. If it persists, please call the office immediately.
- Please do not smoke following periodontal procedures. Tobacco smoke is an irritant to the tissues and prevents healing.
- If you have any questions or concerns, please do not hesitate to call the office either day or night.