



## Patient Instructions Following Laser Deep Cleaning Therapy

You must continue to maintain a plaque-free environment for your teeth and gums in order to prevent the progression of periodontal disease.

- Rinse with warm salt water for 60 seconds 2-3 times per day. 1 teaspoon salt in 8 ounces water.
- Apply a light coating of coconut oil to gum tissue 2-3 times per day for 3 days.
- Take over-the-counter Tylenol or Advil as needed for discomfort.
- Brush in a gentle circular motion along the gumline for two minutes twice daily with a soft toothbrush and sensitivity toothpaste. (Sensodyne or Colgate Sensitive).
- Avoid eating spicy or crunchy foods for 24 to 48 hours (nuts, popcorn, or chips).
- Floss lightly once daily. No Waterpik for 3 days. Return to normal flossing and/or Waterpik after 3 days.
- Vitamin C supplement will help promote healing.

Periodontal disease can recur. Hygiene maintenance appointments and consistent home care are essential to maintaining your gums in a healthy state.

Congratulations! You have received the most advanced, state of the art periodontal treatment available today. We are pleased that you are as committed to high quality dentistry as we are and it is a privilege to provide this service for you. **Please call us at (972) 668-3680 if you have any questions regarding your treatment.**

\_\_\_\_\_ performed your Laser Deep Cleaning today.

SCAN ME



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**SCAN TO VIEW DIGITAL INSTRUCTIONS**