



Lowen Perio

Take pride in your smile.
Periodontics & Implant Dentistry

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POST SURGICAL INSTRUCTIONS

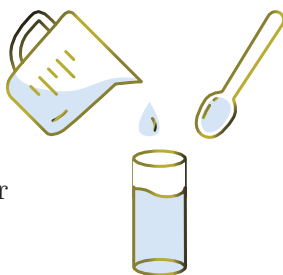
Scaling & Root Planing (Deep Cleaning)

A successful treatment is also dependent on maintaining good oral hygiene at home. Follow these handy tips!

Tenderness and sensitivity (especially to cold) is completely normal!

To reduce tenderness & promote healing in the first 3 days:

- Rinse with warm salt water
1/2 tsp. salt + 8oz glass of water



Every 2-3 hours

For moderate pain relief, use either:

- Ibuprofen 600mg (3 tablets)
(Advil or Motrin); **or**
- Acetaminophen 1000mg (2 tablets)
(Tylenol Extra Strength)

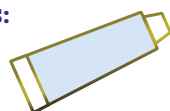


Every 6 hours

Don't ever exceed the maximum daily dosage for Ibuprofen - 3200mg or Acetaminophen - 4000mg!

Sensitivity relief in the first 6 weeks:

- Use desensitizing toothpaste such as Sensodyne



Severe or persistent sensitivity (after 6 weeks):

- Prescription toothpastes and in-office treatments are available



The first 12 hours post-op

Brush and floss the treated areas very gently.



Oral hygiene

12+ hours post-op

Brush and floss well - this is very important!

Lowen Perio hot tip

Soften your brush with warm water for tender gums.



Diet

Highly nutritious food is necessary for the healing process. Follow a soft food diet for the first 2-3 days. See our Post Surgical Diet Recommendations form for food suggestions.



Do not smoke

For at least 3 days to allow for healing.



Activity & Exercise

Avoid strenuous activity for the **first 2-3 days** after treatment to allow your body time to heal.



Contact us if you experience prolonged bleeding or for any additional questions at 503 620 1117.