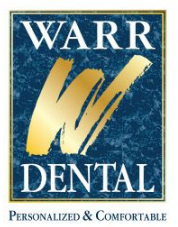


# Periodontal Therapy Instructions

*for Optimal Results*



A periodontal therapy program is a “conservative program of 3, 4 or 6 visits to control periodontal (gum) disease.” By conservative, we mean non-surgical. Periodontal (gum) disease is not curable, but it is controllable. Periodontal therapy aids in the removal of the bacterial infection of the hard & soft tissue which supports the teeth. Left untreated, the bacterial infection can cause the bone & surrounding tissues which support the teeth to deteriorate. Eventually teeth become loose & may fall out.

- Gently brush & floss teeth twice a day.
- Rinse mouth 2–3 times per day with warm saltwater or if recommended an anti-microbial mouth rinse for 30 seconds.
- Avoid eating any hard or “chippy” foods like potato chips or pop corn for the next 3–4 days.
- If swelling or jaw stiffness occurs, place a warm moist towel to the face.
- To reduce bacterial infection & prevent further loosening or loss of teeth, keep recommended periodontal maintenance appointments every 3–4 months.

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*Call us today if you have any questions*

**Open 7am–7pm!**

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