

Home Care Instructions

Following your Surgical Procedure

For video walk through visit <https://youtu.be/bhvkYW1MrWs>



Day of Surgery: please note the QR code is also a link to the video

Your provider will have given you specific cleaning instructions with regards to your treatment on the day of surgery. In most cases arresting oral hygiene procedures in the area where surgery was completed is normal for the first 4-7 days after surgery. After that period of time you will begin to brush the treated areas using the soft red tooth brush that was provided to you.

Use the oral rinse that was prescribed for you in a gentle side to side motion. If no rinse was prescribed the use of warm salt water (one tablespoon to a cup) can be used.

Unless otherwise specified, Flossing of the area around the surgical site should be stopped for two weeks.



Fig. 1: Soft Red Tooth Brush - used immediately after surgery.

Starting Two Weeks After Surgery:

The **Red Tooth Brush** which you have been using since your surgical visit can now be discarded.

You can at this time switch to a NIMBUS or other soft bristle brush until either (the shorter of) 6 weeks has passed, OR your next follow up with our office. These can be used as everyday toothbrushes as well and are recommended by our office.

Link for Nimbus Brushes: <https://a.co/d/13VtH7f>

Unless otherwise directed you can discontinue the use of any prescription mouth rinse and use warm salt water rinses as needed for comfort.

Flossing can be resumed for plaque removal starting between 2-6 weeks following your surgical visit, your dental professional will tell you when to resume this. If you have any questions about this please inquire with your provider.

You may resume a normal diet, but use good sense when biting in areas where surgery has been completed.

Avoid the use of a Waterpik or Sonic Flosser for 12 weeks after your surgical visit.

If you have a professional cleaning scheduled please advise your Dental Hygienist to avoid measuring pockets in this area for at least 12 weeks following surgery.



Considerations for patients who had a Gum Grafting Procedure (Using their own gum tissue from the roof of the mouth).

It is a good idea to keep your stent available if you still have prolonged palatal sensitivity, if not it can be kept for future grafts.

Considerations for patients who had a Gum Graft Using a Donated or Synthetic Material (Alloderm, Perioderm, Dermis, etc)

The same rules will apply to gum grafts completed via this approach, however it will be common for the sutures to be left in for a longer period of time 3-6 weeks. Your doctor will specify what is appropriate for you.

Starting Three Months After Surgery:

Three months after surgery all normal hygiene procedures may be resumed including the use of your WaterPik, normal dental flossing and use of Electric Tooth brushes.

Six to Nine Months After Surgery:

Only patients who have had Pocket Reduction Surgery or LANAP treatment.

- Probing or deep cleaning following periodontal pocket reduction surgery should not occur for 9 months after the surgical visit.
- Superficial cleanings are still permitted and should be coordinated with our office, or if we are alternating care with your general dentists office.
- For any specific questions please feel free to reach out to your provider in our office.