



## **POST OPERATIVE INSTRUCTIONS: PERIODONTAL TREATMENT (SRP)**

- You can take over-the-counter pain medication for any discomfort you may experience.
- **Avoid crunchy, sticky, spicy or hot foods today.** Drink 6-8 glasses of water today and rinse your mouth out every few hours with the prescribed rinse to remove the bacteria present. Brush gently today to help remove the plaque that has started to reform.
- You will leave our office with a medicated mouth rinse, or in some rare cases one will be prescribed for you, to help combat the bacteria responsible for the condition. In more advanced cases a systemic antibiotic is prescribed to help control the bacteria.
- The day *following* treatment, the recommended home care aids in addition to your regular brushing and flossing. (i.e. Interproximal brushes and stimulators).
- You will have a periodontal maintenance appointment approximately 3 months after the completion of the periodontal treatment (SRP) to evaluate the results and determine the ongoing periodontal maintenance frequency.
- Your teeth may be more sensitive to changes in temperature. This is normal and to be expected. This will decrease over time.
- Follow all our home care instructions exactly as directed. Success of treatment depends directly on the improvement of oral hygiene care both at home and with our office and in combination to your awareness of the condition.

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