

# Patient Instructions

## Periodontal Therapy

- Avoid Spicy foods for 24 hours.
- Use warm salt water rinses 3 - 4 times a day for the first 24 to 48 hours.
- Take Ibuprofen every 4 - 6 hours as needed for the 1st 24 hours, but not to exceed recommended dosage.
- Brush with a soft brush.
- Floss after 48 hours.
- Soreness and oozing of the tissue are normal in the first 24 to 48 hours.