

Michael J. Williams, DMD
120 South Street
Pittsfield, MA 01201
413-442-7855
www.berkshireperio.com

Post LANAP/Periodontal Treatment
Oral Hygiene Instructions

To achieve optimal healing, it is very important to follow these post operative oral hygiene instructions. Healing occurs at an individual's own rate and is affected by outside influences such as mechanical or bacterial trauma.

DONT'S

DO NOT BRUSH THE SURGERIZED AREA(S) FOR 10 DAYS FOLLOWING TREATMENT.

DO NOT FLOSS OR USE AN ELECTRIC TOOTHBRUSH ON THE SURGERIZED AREA(S) FOR 1 MONTH FOLLOWING TREATMENT.

DO NOT USE A WATERPIK FOR 6 MONTHS FOLLOWING TREATMENT, AFTER 6 MONTHS USE ABOVE THE GUM LINE ONLY!

DO'S

FOR THE FIRST 10 DAYS FOLOWING SURGERY - Try to keep your mouth as clean as possible in order to help the healing process. It is OK to spit, rinse, and wash your mouth gently, the same day as your surgery. Rinse as directed with Peridex or Periogard morning and night. In between it is OK to rinse gently every three (3) hours with warm salt water - (1/2 teaspoons of sald dissolved in 8 oz. of warm water)

AFTER THE 10 DAYS AND INDEFINITELY CONTINUE USING A NON-STAINING RINSE

FLOSSING AND ELECTRIC TOOTHBRUSHES:

Begin flossing and or use of the electric toothbrush- **ABOVE** the gum line **1 month after treatment**