

## You have just taken the first step in achieving optimal oral health.

We have successfully started your periodontal treatment. Periodontal disease is an episodic disease that can recur throughout your lifetime. This is why your commitment to your home care is a crucial step in the success of your treatment. It is imperative that you continue your home care and maintenance appointments to ensure healing and repopulation of healthy bacteria. Non-compliance can result in partial or complete failure of treatment.

### DAILY CARE

#### Morning:

- |   |                                |
|---|--------------------------------|
| <input type="checkbox"/> Electric toothbrush  | <input type="checkbox"/> Rinse |
| <input type="checkbox"/> Interdental cleaner  | <input type="checkbox"/> Paste |
| <input type="checkbox"/> Systemic antibiotics | <input type="checkbox"/> Gel   |
| <input type="checkbox"/> Oral probiotics      | <input type="checkbox"/> Spray |
| <input type="checkbox"/> GI Probiotics        | <input type="checkbox"/> Oil   |
| <input type="checkbox"/> Tray delivery system |                                |

#### Evening:

- |   |                                |
|---|--------------------------------|
| <input type="checkbox"/> Electric toothbrush  | <input type="checkbox"/> Rinse |
| <input type="checkbox"/> Interdental cleaner  | <input type="checkbox"/> Paste |
| <input type="checkbox"/> Systemic antibiotics | <input type="checkbox"/> Gel   |
| <input type="checkbox"/> Oral probiotics      | <input type="checkbox"/> Spray |
| <input type="checkbox"/> GI Probiotics        | <input type="checkbox"/> Oil   |
| <input type="checkbox"/> Tray delivery system |                                |

#### Next Visit:

Post test to measure results

- 4-6 weeks
- 10-12 weeks

Date: \_\_\_\_\_

#### Notes:

### POST TREATMENT INSTRUCTIONS

#### Healing/Sensitivity:

The first 24 hours for discomfort rinse with warm salt water after each meal. In addition take 600 mg Ibuprofen, if the discomfort is not subsided follow up with 500-1000 mg of acetaminophen.

#### Brushing:

Using your electric toothbrush, gently brush all areas 2 to 3 times a day focusing the bristles so that the flow of paste and water flushes out in-between your teeth, look in the mirror to see if the angle is correct.

#### In Between The Teeth:

Use an interdental cleaner daily to remove bacteria and debris that hide beneath the gum tissue - if not removed this will impair the healing process and your success.

#### Probiotics:

Start the probiotics immediately. Use the probiotic to change the chemistry of your microbiome in promoting the growth of good healthy bacteria.

*\*\* Wait 30 minutes after daily care prior to taking probiotics.*

#### Smoking/Vaping:

Please refrain from smoking or vaping for 24 to 48 hours. Tobacco will slow down the healing process.