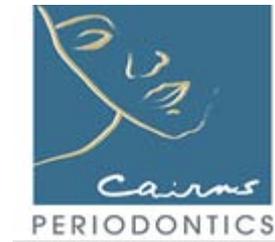


AFTER CARE INSTRUCTIONS

Non Surgical Debridement



Please follow these important instructions. They will make you more comfortable and help to prevent possible complications following your treatment.

Care of your mouth

Following your treatment you may find that your teeth are sensitive to hot and cold, this is only temporary and will ease as your tissues contract and heal. In order to assist this process it is *important that thorough and effective plaque control* be carried out at home. Commence your routine of brushing and interdental cleaning (i.e. flossing, interdental brushes etc) using the Savacol Mouthwash as directed and for two (2) weeks. *Be aware that prolonged use of Savacol will cause staining to your teeth.* Remember the better you keep your teeth clean and plaque free the less sensitivity, faster healing and less problems you will experience.

Discomfort

Discomfort may sometimes be experienced after treatment, once the anaesthetic has worn off. It is easily managed by taking Ibuprofen (Nurofen) or Paracetamol (Panadol). Should severe pain persist do not hesitate to call us.

Eating

You will be able to eat normally after the anaesthetic has worn off, however avoid eating hard, gritty foods such as crusty bread, chips, popcorn, apples and nuts for about 3-4 days, to allow your tissues to heal. As mentioned above you may experience sensitivity to hot and cold food and drinks for a few days but this is only temporary.

Bleeding

Slight oozing is not uncommon following treatment, but this should not persist for longer than a few hours. Please contact us if bleeding persists.

Swelling

Swelling seldom occurs, however if it does rinse your mouth every couple of hours with warm salty water and take Ibuprofen (Nurofen) as directed.

Ulceration

Occasionally mouth ulcers may be noted in the week following treatment. These should only be temporary and are best managed with warm salty rinses several times a day. Please contact us if the ulcers persist for more than 7 days.

Smoking

Smoking interferes with healing and you will receive better results from your treatment if smoking is avoided entirely. However, if this is not an option for you, try to avoid smoking for at least the first 24 hours following your treatment.

Exercise

Avoid strenuous activity and exercising for the rest of the day if possible, resting as much as possible.

**If you have any further questions or concerns please contact us on
07 4054 4488**