

HOME CARE INSTRUCTIONS FOR ADULT PERIODONTAL PATIENTS

Ways to Prevent Further Bone Loss

These six items will enable you to better understand the importance of home care.

- The use of a **soft** nylon bristle **toothbrush** is recommended for at least two minutes per day to help promote plaque removal.
- The only way to clean **effectively** between your teeth is by **flossing**, which should be done daily for best results. Depending on the size or width of the spaces in between your teeth, floss may be inadequate to clean thoroughly. Some suggested products to use are **proxabrush brush** or **super floss**. Below is a diagram that will show the difference in the products.

Procedure for Cleaning Pockets that are 5mm and Greater

- An **oral irrigation** is the only method that will disrupt the plaque in areas that are **5mm** and greater. This should be used in addition to regular brushing and flossing.
- Fill the tank of the water-irrigating device with water as warm as you can tolerate. Use the lowest to **medium setting for pressure** flow and irrigate each space between the teeth for 5 to 6 seconds. Direct the tip at or below the gum tissue.

Complication That May Arise After a Thorough Cleaning

- After having a thorough cleaning, you may experience some **sensitivity** to cold water. Some suggested products to use are **Fluoride, Sensodyne toothpaste, and Colgate for sensitive teeth**. These products will work to minimize sensitivity.
- A warm solution is soothing to the tissues and improves the circulation, thereby helping healing. A suggested solution is **warm salt-water** rinses 2-3 times per day for the next two days.

Any questions that may arise please contact **Karen** at
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**HOME CARE IS A VERY IMPORTANT CONSTITUENT OF PERIODONTAL THERAPY.
NON-COMPLIANCE CAN CAUSE PARTIAL OR COMPLETE FAILURE OF TREATMENT.**