



MONTCHANIN IMPLANT CENTER
G. WILLIAM KELLER, D.D.S.
MARIA TIBBS, D.D.S., M.S.
— periodontics and implantology —

Patient Instructions Following Scaling and Root Planing

For optimal healing and minimal discomfort post- treatment:

- Do not eat or drink anything hot while you are still numb to avoid burning yourself
- Be cautious no to bite your tongue, cheeks, or lip
- Rinse with warm salt water as needed to help healing
- If experiencing pain or sensitivity after numbness wears off, take an over-the-counter ibuprofen or acetaminophen also know as Advil, Motrin, or Tylenol as needed.

Self-Care:

- Thorough plaque removal is important to maximize healing and prevent re-treatment
Scaling and Root Planing
- Gently brush around gumline
- Start flossing between teeth the day after treatment.

Side-Effects that are normal post-treatment:

- Bleeding: it is very common for gums to bleed a little during the first and second day following periodontal treatment
- Sensitivity: Now that some of your root structure is exposed that might not have been before, it is possible that you might experience sensitivity to cold liquids, sweets, acidic foods, etc. if this occurs, use desensitizing toothpaste like Sensodyne or mouthwash such as Listerine Sensitive.

Side-Effects that are not normal post-treatment:

- Excessive bleeding, swelling, bruising, and/or numbness.
- Stiff jaw

*Please contact our office if you are experiencing either of the above two side effects or if you have any further questions.



DR. G. WILLIAM KELLER D.D.S., P.A.
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Diluted Bleach Rinsing – Patient Instructions

- * Mix 1 teaspoon of Regular Clorox bleach in 4 oz. (1/2 cup) of warm water. Rinse with a small amount at a time for 30 seconds, 3 to 4 times a week. Please refrain from rinsing with fresh water or other liquids for 10 minutes. Please wait for 10 minutes before eating.
- * To use with a water-pik, mix 1 teaspoon of Clorox in ½ cup of warm water placed in the tank. Use 3 to 4 times a week. After use, flush the tubing with fresh water for 15 seconds.
- * More frequent rinsing may cause staining of the teeth.
- * Prepare fresh solution for each use. After 24 hours, the bleach is no longer effective once it is diluted with water.
- * Be careful not to splash clothing, as it may cause discoloration.
- * If you have any questions concerning these instructions, please call the office.



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Post-op Instructions following Laser Treatment
(So you may have a more comfortable experience)

Nothing to eat or drink for at least 2 hours after procedure

No acidic foods or drink for 2 days following procedure (i.e. citrus, spicy)

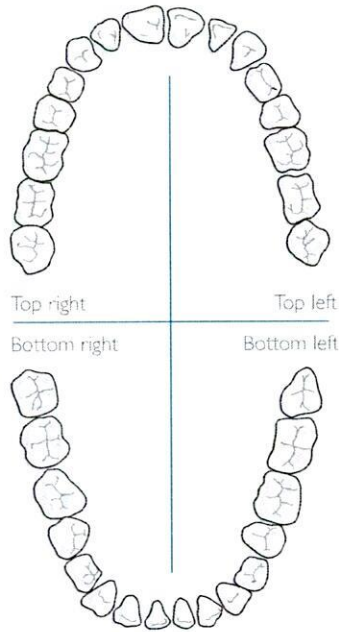
No seeded foods for 2 days following procedure (Strawberries, Seeded bread, Etc.)

Do not brush affected area for 24 hours following procedure

No Salt Water or Mouth Wash rinses for 2 days following procedure (Water is OK)

No alcoholic beverages for 2 days following procedure

*If you experience any discomfort following the procedure, over the counter
Ibuprofen (Advil or Motrin) or Tylenol can be taken as directed on bottle



Your dentist will mark your infected pockets on this tooth diagram.

Ask which areas your dentist recommends treating with ARESTIN®.

Notes:

Your Next Appointment:

Date / /

Time _____

After your ARESTIN® treatment:

- Wait at least 10 days before using floss, toothpicks, or other devices designed to clean between teeth in treated areas
- Don't touch treated areas for 1 week
- Avoid eating hard, crunchy, or sticky foods for 1 week
- Begin flossing again on _____

Follow up with your dentist and your dental hygienist by keeping your scheduled appointments. Start and maintain a good oral care routine.

To learn more about ARESTIN®
ask your dental professional or visit
www.ARESTIN.com



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