

## **Periodontal Treatment**

You can take over the counter, non-aspirin, pain medication for any discomfort you may have.

Avoid eating crunchy, spicy or hot foods today. For example: chips, raw carrots, crispy fried chicken and foods with small seeds.

Rinse with warm salt water if your gums are sore and tender.

Brush gently today even if your gums are tender to help remove the plaque that has started to reform.

You don't have to floss or use any home care aids the day of your treatment if there is too much sensitivity. Starting the following day, do so daily.

Follow all of your home care instructions exactly as directed. Additionally, keep all scheduled hygiene appointments. These appointments are very important to the success of your treatment.

**Remember no question is too small and we are just a phone call away:**

**301-530-2434**

Additional information can be found on our website:  
**<http://www.bethesdasedationdentistry.com>**