

*- congratulations on taking the first step to getting
back on track to ideal healthy gums! -*

-WHEN AND WHAT CAN I EAT?

-If there was anesthetic used during your procedure - please avoid chewing until the numb feeling has completely gone away.

-Do your best to use the opposite side (away from the treated area) of your mouth to eat a soft diet for the first two days following treatment.

-Avoid consuming alcoholic beverages and hot or spicy foods until your gums are healthy.

-CAN I BRUSH AND FLOSS?

-The first time your brush after treatment - brush very lightly.

-The day following treatment - you may begin flossing lightly.

-Gradually return to normal brushing and flossing habits.

-WHAT IF THERE IS DISCOMFORT?

-You may experience some discomfort due to irritation to the area during the treatment procedure.

-If any medication was prescribed, take as directed.