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PROTOCOL FOLLOWING PERIODONTAL TREATMENT

Periodontal Scaling & Root Planing was completed to improve your gingival health.

Your condition prior to treatment:

Type 2 Incipient (4-5mm) Type 3 Moderate (5-6mm) Type 4 Advanced (6mm+)

Your home care is THE most important thing you can do to maintain your gingival health long term.

WHAT YOU SHOULD DO AT HOME:

BRUSH: At least 2x's daily (electric toothbrushes can be more effective. Always use soft or extra soft bristles)

FLOSS: Use any tool you can to clean between the teeth daily. Traditional floss, flossers, proxy brushes, water picks etc.

MOUTHWASH: Antibacterial mouthwashes can be beneficial in reducing bacterial loads. Alcohol and NO alcohol versions are available.

*Chlorhexidine mouth wash will be given to you today. This is prescription strength antimicrobial and should be used two times daily, after brushing and flossing, for the next 7-10 days. A common side effect is staining and increased calculus build-up.

RE-EVALUATION of your tissues response will be done in 6-8 weeks. If pocket resolution has not been made to a point that condition can be maintained, additional treatment may be recommended.

PERIODONTAL MAINTENANCE appointments will be made at 3-4 month intervals based on your pocketing and home care improvement. Maintenance appointments are done more frequently than standard preventative cleanings and are geared more toward your specific periodontal condition.

PATIENT SIGNATURE: _____ DATE: _____