

Paul Bacino, D.D.S.

132 South Stark St.
P.O. Box 166
Bennington, NE 68007
(402) 238-2434

HOME CARE INSTRUCTIONS FOLLOWING PERIODONTAL TREATMENT

- You can take over-the-counter pain medication for any discomfort you may have.
- Drink at least 8 glasses of water today to help remove the bacteria that is present.
- Avoid eating crunchy, spicy, or hot foods today, i.e.: taco chips, carrots, crispy fried chicken.
- Rinse with warm water if your gums are sore and tender: 1 tsp. salt in one cup warm water.
- Even if your gums are tender, brush gently today. This will help remove the plaque that has started to reform. Always use gentle fluoridated toothpaste.
- Refrain from flossing or using toothpicks on day of treatment but you may begin the day after.
- Follow all of our home care instructions exactly as directed. Success of treatment depends directly on the improvement of your oral hygiene.



"Grin & Bear Em"