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Instructions for Continued Care

Congratulations! You have completed a very important phase of your periodontal treatment and will now begin to maintain your periodontal health. Maintenance is best accomplished through your efforts at home as well as frequent cleanings at the dental office.

1. Brushing

Begin gently brushing twice a day with your regular manual toothbrush. Please do not use your electric toothbrush until your next appointment. As the tissue heals, you may begin to brush more firmly.

2. Flossing

Once a day, begin flossing very gently.

3. Rubber Tip Stimulator

Helps to firm gum tissue around teeth through stimulation

Use: Twice a day

Inside and outside

4. Proxy Brush

Helps to clean between teeth where larger spaces exist

Use: Twice a day

Inside and outside

5. Sodium Fluoride (Prevident)

If you received this prescription, continue using as directed until gone.

6. Chlorhexidine (Peridex)

Continue rinsing as directed. To obtain maximum benefit, Peridex and Prevident should be used 30 minutes apart.

7. Replacement heads for Proxy Brush and Rubber Tip can be purchased at most pharmacies.