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**POST OPERATIVE INSTRUCTIONS AFTER ROUTINE ORAL PROPHYLAXIS**

Thank you for choosing Dr. Jeannie Molato Dental Practice. We have the following instructions for you to follow and some information that could be useful after your dental procedures.

1. After a routine prophylaxis

- Gums maybe sore since we use instruments along the gum line during the procedure. Some gum bleeding is normal BUT if bleeding won't stop in an hour, please contact our office for further instructions. Warm salt water rinses maybe very helpful for sore gum
- Sensitivity of teeth may occur occasionally. This is due to the removal of tartar and plaque along the gum line exposing the root surfaces of the teeth. This will be decreased by using a desensitizing tooth paste such as **SENSODYNE**.
- If instructed to use an antibiotic mouth rinse for bleeding and swollen gums, please use the **PERIDEX** rinse one in the morning and one at bedtime after brushing. Swish and hold it in the mouth for a minute and do not rinse with water after using peridex. It is important not to use the rinse for more than 2 weeks since complications may occur such as staining of the teeth ( which can be removed with routine prophylaxis) and altering of taste buds.
- Brush at least once in the morning and once before bedtime.
- Floss once a day before bedtime.
- If instructed to use the gum massager, please use this once a day before bedtime.