



Periodontal Associates, P.A.

Architects of Health

Practice Limited to Periodontics and Implants

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Resuming Home Care After Suture Removal

Free Gingival or Connective Tissue Graft

- A. Brushing: You may brush your ***teeth only*** today. You may resume Gum Line Brushing tomorrow.
- B. Floss or Proxabrush: You may begin flossing 2 days after resuming Gum Line Brushing. Be sure to floss carefully as your tissues are still healing and the floss can easily cut the tissue.
- C. Rubber Tip: Rubber tipping should be added to your routine one week after your stitches are removed, beginning gently and adding pressure as your tissues heal.

Pocket Reduction or Osseous Surgery

- A. Brushing: You may brush your ***teeth only*** today. You may resume Gum Line Brushing tomorrow.
- B. Rubber Tip: You may begin rubber tipping 2 days after resuming Gum Line Brushing. It will be tender, But add pressure as your tissues heal.
- C. Floss or Proxabrush: You may begin flossing 2 days after resuming rubber tipping. Wrap your floss carefully as it can easily cut the tissue.

Gortex Regeneration or Bone Grafts

- A. ***Do not brush, floss, proxabrush or rubber tip where the grafting material was placed.*** This area must not be disturbed at all in the early stages of healing. Swab the area gently with a Q-Tip saturated in PerioGuard or Peridex twice daily until otherwise instructed.
- B. All other areas, resume home care as for Pocket Reduction Surgery

Gortex Removal: Resume home care regimen as for Pocket Reduction Surgery

Implants: Swab the area around the implant with a Q-Tip saturated in PerioGuard or Peridex twice daily until otherwise instructed.

For All Procedures

- A. ***Never use any chemicals, such as salt, hydrogen peroxide, mouthwash, etc., after suture removal unless instructed to do so***
- B. ***Electric toothbrushes, flossers and or Water Piks should not be used until after your next post operative visit.***
- C. ***As always, please call if you have any questions or concerns about the proper care of your therapy***