



TriState Family Dental Centers

A Professional Corporation

Mark J. Schymik, D.D.S.
Noble H. Sevier II, D.D.S.

*Established in 1971 by
John B. Schymik, D.D.S. & Stanley R. Nevill, D.D.S.*

Andrea S. Conrad, D.M.D.
Brandy M. Greco, D.D.S.

Care of Mouth After Scaling and Root Planing

Be extra cautious not to bite or chew your cheek or tongue until the numbness wears off.

Starting today, gently rinse your mouth with warm salt water (1 tsp salt to 1 cup water) to relieve tenderness and promote healing of soft tissues.

If you have sensitivity or discomfort, you may take an over-the-counter pain medication (i.e. Advil, Ibuprofen, Tylenol).

Starting tonight, rinse twice a day (after breakfast and before bed) with Periogard.

Brush and floss as normal. Periogard can stain teeth where plaque is left behind, so thorough brushing and flossing are very important.

Fill lid to the fill-line and swish for 30 seconds.

After using Periogard in the morning, DO NOT eat or drink anything for 30 minutes to 1 hour.

When using Periogard before bed, DO NOT eat or drink anything after use to allow Periogard to work while you sleep.

Continue to use the Periogard until you return to see your hygienist or until otherwise instructed.

If you have any questions or concerns, please don't hesitate to call the office.