

First visit after surgery, instructions for osseous

1. Now that your sutures have been removed you may start to use the soft toothbrush on the gingival tissue.
2. Do not begin to floss yet.
3. You may begin to try and eat more solid foods. However, stay away from popcorn, peanuts, chips, and seeds.
4. You may be experiencing some sensitivity, start to use the sensitivity gel provided at today's appointment. It's best to use at night so to be left on while you sleep.
5. Please discontinue the Chlorhexidine rinse as it may cause staining. However, Listerine, salt water or Crest Oral Health rinse is recommended.
6. It's important to have good oral hygiene during this healing process. Please follow all of these instructions for optimum results.