



## FOUR SEASONS DENTAL & MED SPA

The *WrightSmile*™ Changes Lives  
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### Post Deep Cleaning Home Care Instructions

Your health and welfare are my greatest concern, and more specifically, your success in controlling periodontal disease, which is treatable, but not curable. While you will have this disease for the rest of your life, it can be controlled, so my treatment objective is to prevent further bone loss and subsequent tooth loss. Failure to remove the bacteria, calculus, tartar and toxins from underneath gums, will lead to bone loss resulting in loose, unhealthy teeth, inflamed, infected, necrotic gums and foul smelling breath. I am committed to help you regain control before it seriously affects your quality of life.

For your optimal periodontal health, I have outlined a home care plan to support your scaling and root planing (deep cleaning) treatment today. Following these instructions carefully will help to restore your gum pocket measurements to within healthy limits, and maintain your periodontal health in the future.

As a result of this minor invasive procedure today, you may experience some discomfort. I recommend Tylenol, Aleve, Advil or Motrin immediately and again tonight or tomorrow as needed to relieve any discomfort.

Your next periodontal maintenance appointment will be scheduled for 6-8 weeks from today's visit. At that time we will re-evaluate your periodontal condition, and you will receive your follow-up periodontal maintenance cleaning. Please commit to periodontal maintenance 4 times per year, as periodontal bacteria begin to "recharge" every 2-3 months. Your commitment to ongoing quarterly periodontal maintenance and good dental home care are the keys to maintaining your dental health.

Sincerely,  
Dr. James P. Wright

### Instructions

- Please floss 2 times per day. Flossing is extremely important to remove the bacteria and plaque that forms beneath your gums.
- Please brush your teeth 2 times per day with an electric toothbrush; we have Oral B and Sonicare available here.
- I recommend that you use Hydrofloss 2 times per day. We have a DVD that you can watch to see the benefits of using an oral irrigator.
- Please be sure to get adequate sleep to allow your body's immune system to function at its optimum.