



KONECNY DENTISTRY
General and Cosmetic Dentistry

POST PERIODONTAL TREATMENT INSTRUCTIONS

Immediately following procedure:

- ⚡ Gently Apply ice pack
- ⚡ Absolutely no rinsing today
- ⚡ Do not use a straw for drinks
- ⚡ Do not smoke
- ⚡ We suggest that you go home and rest if possible
- ⚡ No strenuous physical activity today
- ⚡ Take Motrin, Ibuprofen, Aleve, or Tylenol for discomfort
- ⚡ Dr. Konecny may prescribe pain meds. If so, take as directed
- ⚡ Do not take Aspirin as it can cause you to bleed longer
- ⚡ Eat soft foods such as eggs, mashed potatoes, oatmeal
- ⚡ Nutritional drinks are good, but remember no straws
- ⚡ Soups are fine, but not too hot

Day after procedure:

- ⚡ Start warm salt water rinses
 - 1/2 cup warm water
 - 2 teaspoons salt
- ⚡ Rinse until entire solution is used
- ⚡ Rinse your mouth like this at least 2 times a day for the next two to three days

You have had a minor surgical procedure, minor swelling, bruising and discomfort is to be expected. If significant pain, bleeding, swelling, infection, or fever occurs, please contact the office immediately. If after business hours, please call Dr. Konecny directly on his emergency cell phone (941) 320-2138. If Dr. Konecny is unable to answer your call right away, please leave a message and he will return your call as soon as possible.