



Useful Advice following Full Mouth Disinfection and Root Planing

The home care program we recommend you follow is this:

1. Allow a few hours to lapse after treatment before eating or drinking.
 2. After treatment your hygienist will recommend you change your mouthrinse to Corsodyl. Use as directed for 14 days along with your usual cleaning.
 3. Before bedtime follow your home care program by brushing your tongue for 1 minute with Corsodyl gel, rinse and gargle with Corsodyl mouthrinse.
 4. If you experience sensitivity use Sensodyne toothpaste as instructed by your hygienist.
 5. If your dentist prescribes medication, take as directed.
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Warning: Smoking is extremely harmful to the supporting structures of your teeth.

Remember: Increased plaque levels in your mouth give an increased risk of periodontal Breakdown. Following the above instructions will help reduce that risk and will determine the success of your treatment.

If you have any problems please do not hesitate to contact the surgery.