

## Dos and don'ts after periodontitis treatment

You have undergone periodontitis treatment under local anaesthetic. Due to the time it takes for the anaesthetic to wear off and the associated numbness in the area of the oral mucous membranes, we would ask you not to eat until the it has completely worn off. Please avoid alcohol, nicotine (smoking) and caffeine (coffee, black tea, cola) within the first 24 hours, as these have a negative effect on the healing process. For the time being, also avoid hot spices, hot drinks, chewy and sticky foods, as well as fruit, yoghurt and milk.

In the next few days, refrain from heavy physical exertion (exercise, gardening, cleaning the house, etc.) and avoid getting direct sunlight on your face.

Do not use your usual toothpaste. For the next 14 days, please use a chlorhexidine gel (1%) and a mouth rinse (Perio Aid) for dental care mornings and evenings. You may use a soft toothbrush (Curaprox soft), but do not use floss or interdental brushes for the next 4–5 days.

In addition to your usual dental care, clean your tongue with a tongue scraper (e.g. Curaprox) to finish. This reduces bacteria and aids wound healing.

After periodontitis treatment, the frequency of your follow-up appointments depends upon the disease's severity, general illnesses, your smoking habits and your oral hygiene in particular.

Intensive aftercare every 3–6 months combined with excellent oral hygiene can usually preserve the treatment result.

Shorter follow-up intervals may also be necessary if oral hygiene is inadequate and/or certain risk factors are present.

With friendly regards from your practice team