



## **Perioscope Post-Op Instructions**

- **Periostat (20mg Doxycycline)**- Continue taking Periostat twice a day for a minimum of 6 months to reduce harmful inflammation in the gums and promote pocket closure and regeneration. This is an anti-inflammatory and regenerative medication. Depending on risk factors and severity, you may be asked to continue beyond 6 months (ex: smoking, diabetes or other health issues).
- Tenderness, discomfort and tingling is normal and should resolve in 1-3 days. You can take Tylenol or Ibuprofen as needed for any discomfort.
- The numbness can last a few hours through most of the day after your procedure. Staying hydrated, drinking caffeinated drinks, and gentle movement like walking or stretching will make it wear off faster. You can eat when the numbing is mostly worn off, but avoid sharp crunchy foods and be careful chewing on the numb side.
- Use a soft or extra soft manual toothbrush and floss gently with string floss. Flossers are okay as an alternative to string floss. You can resume with a sonic toothbrush after 3 days of healing.
- Switch to a prescription-grade fluoride toothpaste (ex: Fluoridex, Clinpro), a sensitive toothpaste, or a nano-hydroxyapatite toothpaste. Cold sensitivity is normal after therapy.
- Avoid using a waterpik device or anything that can disrupt/poke into the gum tissue (toothpicks, Soft picks, etc).
- Do not use mouth rinses (or oil pulling) for one week unless otherwise instructed.
- You'll receive a customized home care routine to best maintain your oral health after your recovery period (usually about 2 weeks after the last treatment).
- Always avoid clenching your teeth as best you can. "Lips together teeth apart." Breathe through your nose.
- Eating highly nutritious foods is important for healing. Avoid sticky or spicy foods as well as crunchy or coarse foods for a few days after treatment. Please let your hygienist know if you'd like more one-on-one nutrition counseling.

**Please don't hesitate to contact our office with any concerns. We're here for you!**

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