

**The Houston Dentists
Dr. Kathy Frazar
Post-Operative Care Following Periodontal Therapy**

Avoid

Spicy foods for 24 hours (i.e. pizza).

Care

1. Use warm salt water rinses 3 - 4 times a day for the first 24 to 48 hours.
2. Take Ibuprofen every 4 - 6 hours as needed for the 1st 24 hours, but not to exceed recommended dosage.
3. Brush with a soft brush,
4. Floss after 48 hours.

Soreness and oozing of the tissue is normal in the first 24 to 48 hours. If you have prolonged soreness or swelling, please call the office at **713-668-7137**.