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Registered by the Royal College of Dental Surgeons as Specialists in Periodontics
Diplomates of the American Board of Periodontology

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Please read and follow these instructions. They will make you more comfortable and will help to prevent any possible complications.

1. Care of your mouth:

Start brushing and continue brushing your prescribed oral hygiene routine immediately in all areas of your mouth **except the surgical site(s)**. Make every effort to keep all your mouth plaque free. We recommend rinsing your mouth twice a day with warm salt water. **(1 cup of warm water and 1 tsp of salt)**

2. Discomfort:

Some discomfort is expected. Usually acetaminophen (Tylenol) or ibuprofen (Advil) will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste or fluoride that we prescribe will usually reduce or eliminate sensitivity.

3. Eating:

Your next meal should be soft foods. Avoid hard, gritty foods such as peanuts, popcorn, chips, hard crusty bread, and fruit with seeds for the next three days.

4. Bleeding:

Slight bleeding may continue following the procedure. This is not unusual and will stop. If bleeding persists beyond an hour please call our office.

5. Smoking:

Please refrain from smoking for 24 hours or longer after procedure. It will interfere with and delay healing.

6. Exercise:

Avoid any strenuous activity for the rest of the day: e.g. jogging, tennis, and racket ball, anything strenuous. "Take it easy."

If you have any additional questions please contact our office. In case of an emergency, you can call Dr. Zeiter or Dr. Jackson at (905) 517-6551.

Please report any signs or symptoms of Covid-19 within 14 days to our office and the Public Health Unit.