

Post Operative Information: Customized Oral Health Program

Cavities, gingivitis and periodontal disease are painful, costly and harmful to your overall health.

Luckily, these diseases are largely preventable thanks to simple procedures that are quick and easy to do. We recommend that you follow this customized periodontal maintenance program:

In Office

- Periodontal maintenance every 3 months
- Periodontal maintenance every 4 months
- Periodontal maintenance every 6 months
- Fluoride varnish application
- Periodontal therapy

At Home

- First: Floss using a "C" wrap to wipe the sides of the teeth
- Then: brush with light pressure and vibration at a 45 degree angle
 - Modify the technique for recession areas: swipe from gums to teeth
- Office dispensed fluoride rinse: Perio Maintenance Rinse – see next page for use instructions
- Use over-the-counter fluoride mouthwash everyday: see next page for recommendations
- Use antibacterial mouthwash chlorhexidine 0.12% dispensed by our office: see next page for use instructions
- Paste for sensitive teeth
- Post orthodontic retainer
- Occlusal Guard
- Rubber tip stimulators by GUM
- Proxabrush by GUM
- Soft Piks by GUM
- Antibacterial application Peroxyl by Colgate with: _____
- Other: _____

We also recommend the following procedures:



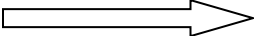
Making You Smile

Cosmetic Dental Studio



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- Teeth whitening
 - Invisalign 
- __ Moderate/severe crowding potentially affecting gum/bone health
 - __ Moderate /severe crowding creating risk for cavities
 - __ Excessive tooth wear caused by poor bite
 - __ Moderate/severe spacing causing food impaction
 - __ Straighten/Rotate/Upright teeth for aesthetic profile

Your customized oral health program will ensure a cleaner, healthier mouth with fresh breath and whiter teeth!

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Detailed instructions

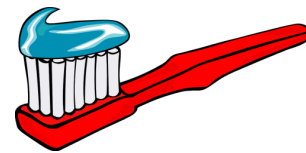
□ Floss



Brushing cannot clean in-between your teeth. Use dental floss, or interdental cleaners (such as *Soft Piks* or *Proxabrushes*). Floss once a day before brushing. This will allow the fluoride from the tooth paste to engage the cleaned surfaces of the teeth that had previously flossed. Use a pattern so you do not skip any teeth. Example: starting with the upper right molars, proceeding around the arch to the upper left molars. Drop to the lower left molar around the arch to the lower right molar.

□ Brush

Brush your teeth, thoroughly. As with flossing have a pattern that you repeat each morning and evening.



Example: Brush the outside surfaces of your teeth, starting with the upper right molars, proceeding around the arch to the upper left molars. Drop the brush down, and brush from the lower left molar around the arch to the lower right molar. Then, brush the inside surfaces of your teeth using the same pattern. Finally, brush the biting surface of your teeth, again using the same pattern. Done correctly, this should take about two minutes. We recommend that you time yourself. Brush twice a day.

□ Office dispensed fluoride mouth wash: Perio Maintenance Rinse

- Do not use before adding water
- Depress pump 2x into cup provided, add water to line (1oz) mix
- Vigorously rinse between teeth for 1 minute, once daily after flossing and brushing
- Do not swallow
- Spit and do rinse with water, do not eat or drink for 30 minutes after use



□ Over-the-counter fluoride mouthwash

After brushing, we recommend that you use a fluoride mouthwash to help re-mineralize your teeth and prevent new cavities and sensitivity. After

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brushing, vigorously swish the mouthwash around and between your teeth for at least 30 seconds spit, do not rinse, drink or eat for 30 minutes afterward. The following mouthwashes can be purchased over the counter from your local pharmacy: *Listerine Fluoride Defense and Total Care*. If you don't want the alcohol choose the ones that say Zero. Also you can try *Phos Flur* from Colgate or *ACT*.

☐ **Antibacterial mouth wash Chlorhexidine 0.12%**

Swish vigorously for 30 seconds, twice a day. Do not eat or drink or rinse mouth with water for use for at least 30 minutes). Use entire 4Oz bottle up to two weeks.

☐ **Wear your retainer**

You invested a lot of effort to get your teeth straightened. Don't forget to wear your retainers every night to prevent the teeth from returning to their original position



☐ **Rubber tip simulators**

Once a day after flossing, use to trace your gum line inside and out with the rubber point.

☐ **Proxabrush and Soft Picks by GUM**

Place in between teeth only where space allows (do not force).

☐ **Antibacterial application Peroxyl by Colgate (no to be used as mouth wash)**

Fill a cup with a small amount of Peroxyl, dip the Soft Picks or Proxabrush in the liquid and place in between teeth only where space allows. Do not rinse for 20 minutes.

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