





Your At-Home Care After Periodontal Therapy

Supporting your healing and long-term gum health

To get the best results from your periodontal therapy, it's important to follow these daily care steps. Consistency is key to reduce bacteria, promote healing, and maintain healthy gums. **Scan the QR codes below** to buy the recommended products easily. If you have questions at any point, call us at (770) 321-5558.

BRUSH	Morning, night, and after meals.	
WATERPIK pik-pocket pick, pressure setting 2	<ul style="list-style-type: none">• Fill tank with 200mls of chlorhexidine, use until gone.• Trace gum line of each tooth for roughly 5 seconds, aiming into the gums.	
CHLORHEXIDINE	AM: Swish, gargle, spit, 30 seconds. PM: Waterpik, 2 minutes.	
MAINTENANCE RINSE	Use when finished with Chlorhexidine AM: Swish, gargle, spit, 30 seconds. PM: Waterpik, 2 minutes.	
PIKSTERS	Use daily to clean between teeth & along the gumline.	
ANTIBIOTIC	If needed, we will call into pharmacy of your choice. Use as directed on prescription label	