

# Care Instructions Following Periodontal Treatment

Dear [Patient's Name],

Thank you for choosing our practice for your periodontal treatment. To ensure a smooth recovery and optimal results, please follow these care instructions:

## Post-Treatment Care

- Avoid eating for at least 1 hour after treatment.
- Stick to a soft diet for the first few days. Foods such as yogurt, applesauce, and mashed potatoes are recommended.
- Take prescribed medications as directed. If you experience any adverse reactions, please contact our office immediately.
- Practice good oral hygiene, but avoid the treated areas for the first few days. Gentle brushing is encouraged.

## Follow-Up Appointments

Please schedule your follow-up appointment within the next [Timeframe] to ensure proper healing and assessment.

## Contact Information

If you have any questions or concerns, do not hesitate to contact our office at [Phone Number] or [Email Address].

Best regards,

[Your Name]

[Your Title]

[Dental Practice Name]

[Practice Address]