



valley DENTAL health

Home Care Instructions

Please follow instructions for checked areas:

___ You have had antibiotics placed today in the following areas:

___ Upper Right ___ Upper Left ___ Lower Right ___ Lower Left

___ To avoid dislodging the antibiotic; do not use a Waterpik, dental floss, toothpick, proxy brush, rubber tip, or electric toothbrush for 10 days where the antibiotic was placed.

___ Avoid touching treated areas for one week

___ Avoid eating crunchy, hard or sticky foods for one week

Therapeutic Hygiene Home Care Instructions

___ Brush teeth thoroughly but gently 2X daily for 3 minutes with a soft bristled toothbrush.

___ Floss daily (remember to wait 10 days in the area where antibiotic was placed)

___ Chlorhexidine - rinse daily, morning and night for 60 seconds with 1 TSP until gone.

Additional Instructions:

instructions continue on next page

Prescription Instructions

____ Periodstat 20mg (Doxycycline 20mg) - Take one pill every 12 hours until gone. Take one hour before or after meals.

____ Other Rx: _____

Additional Instructions:

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**If you have any questions or concerns - big or small, contact our office:
410.666.1178**

For more information, please visit our website www.valleydentalhealth.com