

## **Recommendations After Scaling and Root Planing, CHX Irrigation, or Gross Debridement**

1. Sonicare Electric Tooth Brush
2. Access Flosser by (Reach Brand)
3. Chlorhexidine (Peridex) antimicrobial rinse (for 2 weeks, twice a day). Follow bottle instructions. You can purchase this bottle in our office (Some pharmacies may not have it in stock)
4. Rinse with warm salt water
5. Over-The-Counter Motrin for any soreness

You can purchase these items at Target, Walmart, Drug Stores, or other major stores.

If you have any questions, please do not hesitate to call our office: 847-891-6600.