

## Patient Instructions after Suture Removal

### Mouth Care

Now that your sutures have been removed, you can begin brushing the area that was treated with the soft tooth brush provided unless instructed otherwise. You should use this toothbrush for 2 weeks before transitioning to your regular toothbrush (ideally a Sonicare toothbrush).

-Make sure to brush in a circular motion at the gumline where plaque builds up first. You should brush the gums, finding a balance between being thorough without being too aggressive.

It is now safe to start flossing gently, and do not be worried that you may have some bleeding at first. This will subside once your gums are used to flossing again in a few days.

-You should floss by rubbing against the side of each tooth and going just slightly below the gum line. Most of us are usually in a hurry and do not spend quality time flossing. If you just pop the floss between the teeth and do not mechanically wipe plaque off the sides of the teeth, you are not flossing effectively.

It is best to clean your teeth twice per day, but if you can only do it once per day, at the end of the day is most important.

-Naturally salivary flow decreases at night because you are not speaking or eating and the body wants to conserve energy. Saliva is protective because it mechanically washes away plaque and has antibodies to kill bacteria. If you don't clean well before bed, or at least after the last food intake of the day, you have a perfect dark warm moist environment for bacteria to flourish overnight and cause cavities and bone loss.

You no longer need to use the mouth rinse unless instructed otherwise. Brushing and flossing should be continued in all other areas of the mouth.

### Partial Denture

You should typically leave this out at night to prevent getting yeast infections. However, if you will be missing a tooth for a while to allow time for healing, you should wear your appliances at least 8-10 hours in a day in order to prevent tooth movement or space closure which can complicate the final tooth replacement process. You can brush your appliance with toothpaste and toothbrush, and leave it to dry over night. It does not need to be stored in water or mouth rinse, which can increase the risk for staining or deposit formations. Avoid biting anything in the area of the temporary tooth as this is usually the weakest portion of the denture.

### Nutrition

It is important to maintain an adequate diet during healing. You should still avoid eating on the side that was treated. After two weeks of using the soft toothbrush, you can begin eating soft foods on the treated area. Start with soft foods first, like soft bread or bananas, then progress to harder things. If it is uncomfortable, go back to a softer food and give your body time to adjust. If it is still too uncomfortable, let Dr. Nicoara know.

### Activity

It is now safe to participate in most aerobic or swimming activities. Be cautious of contact sports for at least two more weeks to prevent unnecessary damage to the treated area.

### Contact Us

If you have any questions, call or email us during normal business hours at:  
**425-374-5380** or **office@nicoaraperio.com**

If it is after hours, you can call, text or email Dr. Nicoara at: **206-218-7352** or  
**doctor@nicoaraperio.com**