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## HOME CARE INSTRUCTIONS

The following home care procedures and diet are suggested as an aid to promote proper healing. Please follow these instructions for a minimum of three (3) days. You will know gums are healed when you have applied Tincture of Myrrh and Benzoin (TM&B) and it doesn't burn the gums.

1. Rinse with warm salt water 5-6 times per day.
2. Gently apply Q-tips saturated with Tincture of Myrrh and Benzoin (TMB) solution to area directly following salt water rinse.
3. Combo Remedy: Take 3 pellets \_\_\_\_\_ x per day (or hour) for \_\_\_\_\_ days.
  - A. Do not touch tablets.
  - B. Dissolve under tongue.
  - C. No caffeine of any kind.
  - D. Do not open directly in sunlight.
  - E. Do not take food or beverage 15 minutes prior or after taking remedies.

Arnica 10m:                      Take \_\_\_\_\_ drops \_\_\_\_\_ time(s) a day, for \_\_\_\_\_ days.

4. At bedtime – Rinse with warm salt water and apply TM&B.

### **Special Notes:**

In order to prevent irritation or loosening of your temporary crown(s), please do not Water Pik, floss, rubber tip, chew gum, eat hard candies or anything sticky near the area treated. Should your temporary crown(s) come out, put them back in place, call our office and they will be re-cemented easily. **MAKE SURE YOU DO HOME CARE ON THE OTHER AREAS OF YOUR MOUTH.**

### **Diet:**

1. **Avoid:**                      Spicy and acidic foods such as: Vinegar, pepper, catsup mustard, all citrus fruits and juices, tomatoes strawberries, bananas, Mexican, Szechwan or Italian spicy.
2. **Avoid:**                      Sharp, dry foods such as toast, crackers and bagels.
3. **Avoid:**                      Fried foods, bacon, or anything that is scratchy including raw vegetables.
4. **Avoid:**                      Foods and drinks that are hot in temperature such as hot tea, coffee, soup, etc.

**Suggestions:** Use only soft, bland foods such as yogurt, eggs cereals, mild cheeses, custard, ground beef, chicken, fish and potatoes. Use cooked green vegetables rich in vitamin C (i.e: peas, broccoli, squash, spinach, etc.)