



Treatment Sequence Half Mouth/Isolated Areas

Time Interval*	Time Needed	Procedure(s)	Patient Instructions
Initial Visit	1 hour +	Exam, Full X-Rays, Perio charting, Treatment Plan, Informed Consent, Prescriptions, Pre and Post-op information	Meet with the treatment coordinator, apply for financing (if needed), complete paperwork, scheduled treatment, pre-pay 2 business days prior to treatment.
START TREATMENT	2 -4 hours	LANAP, half mouth	Liquid/very soft diet for 10-14 days Prescriptions for swelling and pain Chlorhexidine Rinse 3x/day for 14 days NO BRUSHING! NO FLOSSING! NO SMOKING!
1 week/Post-Op 1	2 -4 hours	Post-op, Occlusal adjustment Impressions for bite guard	Begin modified brushing NO FLOSSING! NO ELECTRIC TB! Continue Soft Diet. *receive 2 nd bottle of Chlorhexidine rinse.
3 weeks /Post-Op 2	30 minutes	Post-op, Occlusal Adjustment Deliver bite guard	Resume normal brushing and flossing. Resume normal diet. Wear bite guard <u>every</u> night.

1 month/Post-Op 3	40 minutes 30 minutes	Supragingival polish Occlusal Adjustment	Follow hygienist homecare Recommendations. BRING IN BITE GUARD TO APPT!
3 months/Post-Op 4	1 hour	Prophylaxis/Ci eaning Occlusal Adjustment	Follow hygienist homecare Recommendations. Purchase additional mouth rinse if needed. BRING IN BITE GUARD TO APPT!
6 months/Post-Op 5	1 hour	Perio maintenance Occlusal Adjustment, Exam	Follow hygienist homecare Recommendations. BRING IN BITE GUARD TO APPT!
9 months/Post-Op 6	1 hour	Perio maintenance Occlusal Adjustment	Follow hygienist homecare Recommendations. BRING IN BITE GUARD TO APPT!
12 months/Post-Op 7	1 hour 30 minutes	Perio maintenance Perio charting X-Rays Occlusal Adjustment, Exam	Assess the need to retreat any non- responsive areas. BRING IN BITE GUARD TO APPT!
Q3 months	1 hour	Perio maintenance Occlusal Adj./Equil	3-month professional cleaning needed to maintain healthy tissues/mouth.
Annually	1 hour	Perio charting, X-Rays	Assess the need to retreat any non- responsive areas.

*refers to amount of time since 'start treatment' date