

# **POST LANAP OHI**

## **“Loose Guidelines”**

**Healing occurs at an individual’s own rate and is affected by outside influence such as mechanical or bacterial trauma.**

**For example when you cut yourself and a scab forms, it will fall off as the tissue matures and becomes stronger and more resistant. How long does this process take for you, your father, your brother, your best friend and your son?**

### **LOOSE OHI Guidelines:**

- 1. manual brush at 7-10 days**
- 2. floss at 3-4 weeks (supra only)**
- 3. electric TB at 4-6 weeks (no sub-ging attachments)**
- 4. oral irrigators 3-6+ months (supra only)**
- 5. keep patients on the Chlorhexidine the entire time they are not brushing (about 2-4 weeks) and switch to a non-staining antimicrobial rinse indefinitely as preventative OHI**

**If there is fibrin or red thrombus still present or if the tissue does not look right, they can not brush yet. The tissue needs to be mature and strong enough for flossing and electric TB. Be the physician and diagnose before you make your OHI recommendations.**