

## **Instructions following Periodontal Therapy**

**Oral Hygiene-** Your own oral hygiene will determine the type of healing response that occurs in your mouth. On the day of the periodontal therapy, gently brush around the gumline. Start flossing the day after the procedure is done. Tenderness when brushing and flossing may last for several days. Thorough plaque removal must be accomplished and will help reduce tenderness and sensitivity, as well as maximize healing. Start using any prescribed rinses immediately after the procedure.

**Diet-** Maintaining an adequate diet is essential to ensure proper healing. A few examples of nourishing yet softer foods are: eggs, soups, cheese, pasta, etc. Avoid crunch foods such as popcorn, nuts and chips as well as foods with small seeds. These foods can get lodged between the gum and the tooth, delaying healing.

**Smoking-** Smoking and the heat it produces can irritate the gums, retarding the healing response. It is advisable to not smoke for a few days following periodontal therapy in order to insure proper healing.

The majority of patients experience an uneventful postoperative healing period, yet please be aware of the following potential side effects:

**Bleeding-** Slight bleeding and tissue irritation following periodontal therapy for the first or second day is not unusual. To aid in stopping excessive bleeding, a moist tea bag may be applied with direct pressure for fifteen minutes. If bleeding persists beyond a few hours, please contact our office.

**Tooth Sensitivity-** Varying degrees of root sensitivity following periodontal therapy may occur. This can result from exposure to cold and/or hot air and liquids, sweet, salty, spicy and/or acidic foods as well as mechanically from brushing and flossing. In most individuals this sensitivity will last a few weeks before gradually subsiding. Remember that removing all plaque from the tooth surfaces will help reduce sensitivity. Please let us know if sensitivity is a problem and we will dispense special desensitizing products that will insulate the tooth surface and gradually eliminate the problem.

**Gum Sensitivity-** Discomfort following periodontal therapy varies from patient to patient. Usually ibuprofen or acetaminophen (Advil, Motrin, Tylenol) taken as directed will relieve any discomfort. Warm salt water rinses (1tsp. salt/8oz. water) every 3 to 4 hours the first few days will aid in healing irritated areas. If pain is persistent or excessive, please contact our office immediately.

If you notice any of the following symptoms: persistent and/or excessive swelling or bleeding, jaw stiffness, puss drainage, or a bad taste, please contact our office immediately.