

WHAT TO DO AFTER PERIODONTAL THERAPY

AFTER PERIODONTAL THERAPY, YOUR GUMS WILL NEED TIME TO HEAL. THIS PAGE LISTS SOME INSTRUCTIONS THAT WILL HELP PROMOTE HEALING AND NORMAL PROCESSES THAT YOU MAY EXPERIENCE.

SALT WATER RINSE– RINSE WITH A WARM SALINE SOLUTION; SWISH FOR ONE MINUTE THEN SPIT OUT THE SOLUTION. REPEAT THIS SEVERAL TIMES DAILY FOR 7-10 DAYS. TO MAKE A SALINE SOLUTION, MIX 1 TEASPOON SALT WITH 8 OUNCES OF WARM WATER, STIR UNTIL DISSOLVED.

CLEANING YOUR TEETH–IT IS ESSENTIAL THAT YOU KEEP YOUR TEETH AS CLEAN AS POSSIBLE AND BACTERIA-FREE AFTER YOUR TREATMENT TO ALLOW OPTIMUM HEALING. THE ROOT SURFACES MAY BE SENSITIVE TO COLD AND TOUCH FOR SEVERAL DAYS OR WEEKS, BUT THIS SENSITIVITY WILL DISAPPEAR WITH TIME AND THOROUGH HOME CARE. BRUSH YOUR TEETH THOROUGHLY, BUT GENTLY. IF SENSITIVITY PERSISTS FOR MORE THAN 1-2 WEEKS, CONTACT OUR OFFICE. PRESCRIPTION FLUORIDE MAY BE DISPENSED AS NEEDED TO REDUCE SENSITIVITY.

EATING AND DRINKING–NUMBNESS WILL REMAIN, IF ANESTHETIC WAS USED, IN SOME AREAS FOR A FEW TO SEVERAL HOURS. USE CAUTION WHEN EATING UNTIL NUMBNESS IS GONE TO AVOID INJURING YOUR LIP OR TONGUE. DRINKING FLUIDS MAY BE DIFFICULT DUE TO LOSS OF FEELING. EAT SOFT FOODS AFTER TREATMENT, CHEWING ON THE OPPOSITE SIDE OF THE MOUTH. TRY TO AVOID EXTREME HOT OR COLD FOR IT MAY INCREASE SENSITIVITY.

MEDICATION FOR DISCOMFORT–IT IS NORMALLY SUFFICIENT TO TAKE IBUPROFEN OR TYLENOL FOR POST OPERATIVE DISCOMFORT. DON'T TAKE ASPIRIN AS IT MAY INCREASE BLEEDING AND IMPAIR HEALING TIME. PLEASE ADVISE THE DOCTOR IF YOU HAVE ANY ALLERGIES OR SENSITIVITY TO MEDICINES.

WHAT TO AVOID–AVOID SMOKING AND ALCOHOL CONSUMPTION FOR 24-48 HOURS. POPCORN, POPPY SEEDS AND SESAME SEEDS SHOULD BE AVOIDED FOR DURATION OF TREATMENT AS THEY MAY CAUSE IRRITATION.

BLEEDING–SLIGHT BLEEDING IS NORMAL IMMEDIATELY AFTER TREATMENT AND DURING THE FIRST 48 HOURS. SHOULD BLEEDING INCREASE, APPLY PRESSURE WITH GAUZE OR A MOISTENED TEA BAG FOR 10-15 MINUTES. IF THE BLEEDING DOES NOT STOP, CONTACT OUR OFFICE.

IF YOU HAD ARESTIN PLACED–AVOID TOUCHING TREATED AREAS. WAIT 12 HOURS AFTER TREATMENT BEFORE BRUSHING. WAIT 10 DAYS BEFORE USING FLOSS, TOOTHPICKS, OR OTHER DEVICES DESIGNED TO CLEAN BETWEEN TEETH.

PLEASE CONTACT OUR OFFICE IF YOU HAVE ANY QUESTIONS REGARDING YOUR POST TREATMENT CARE. 972-519-9787.