



## **Patient Instructions Following Periodontal Therapy**

Following periodontal therapy, you can expect to notice less redness, less bleeding (unless you are a smoker) and less swelling of your gum tissue. You will notice a better taste and odor of your mouth. Your chronic disease can now be controlled with proper homecare and the maintenance phase designed for you. Please call our office if you have any questions or concerns.

### **Discomfort**

Discomfort or pain should not be acute and should subside in a few hours, definitely within a few days. Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable.

### **Tooth Sensitivity**

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable for the first few days and will diminish over time. Application of a desensitizing fluoride may be recommended.

### **Bleeding**

Some bleeding may occur during the next few brushings, but this should steadily decrease.

### **Appearance**

As the gums heal they may change their shape around the teeth. This is normal shrinkage causing more of the tooth to show as the infection and swelling clears.

### **Diet and Eating**

If extensive root planning was performed, avoid chewing hard foods until the feeling returns to avoid injury to the tongue or cheeks. Ibuprofen, Acetaminophen, or a non-aspirin analgesic should be taken as recommended to reduce discomfort. Usually, a dose should be taken after the procedure, but before the anesthetic wears off. If tooth sensitivity persists, use a desensitizing toothpaste containing potassium nitrate. If the sensitivity is severe and prolonged, a prescription of fluoride gel may be recommended and an in office desensitizing treatment may need to be applied.

### **Oral Hygiene**

If gum tissues are tender, brush your teeth gently, but thoroughly. By the second or third day, normal hygiene should resume. Mouth rinsing is recommended with either of the following solutions: 1) Chlorhexidine Gluconate (Peridex), and/or 2) warm salt water. These should be used for the first few weeks following periodontal therapy.