

PERIODONTAL THERAPY POST-OP CARE

What to Expect After Treatment:

* *Please refrain from smoking following your periodontal therapy procedures*. Tobacco smoke is an irritant to healing and can reduce effectiveness of the treatment. We ask no smoking for 72 hours following treatment.
* It is normal for your gums to feel slightly sore for the next 3 days following treatment.
* **Your teeth may be sensitive to cold and/or hot foods and liquids after the treatment.**
* Minor bleeding and swelling may also occur during the first 48 hours. This should reduce with healing.
* Symptoms should improve within one week of the treatment with noticeably reduced redness, bleeding and swelling of your gums.
* *If areas of treatment were numbed for the procedure, please exercise caution when eating and/or drinking. Soft foods and warm foods versus hot are ideal to prevent trauma until the numbness wears off*

What to Do:

* Please resume homecare as instructed by the hygienist.
* Salt water rinses (1tsp. salt to 8 oz. of warm water) 2-3 times daily
* Eat very soft foods and liquids for the first 24-48 hours, and as the area feels better, you can then move on to a normal diet.
* If swelling occurs, place an ice pack or frozen bag of vegetables wrapped in a soft cloth in affected area. Alternate 20 minutes on, 20 minutes off during the first 24 hrs post op.
* If tooth sensitivity occurs, use sensitivity toothpaste with fluoride can help prevent or decrease symptoms.
* If stiffness or soreness in the jaw develops, place a warm, moist compress in the area of stiffness.

The next appointment will be in six weeks to evaluate healing and determine if the gums are improving. At this time gum pockets will be measured and compared with readings prior to treatment. The better oral hygiene done on a daily basis, the healthier the gums will be.