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Instructions Following Periodontal Therapy

Following scaling and root planning you can expect to notice less redness, less bleeding, and less swelling of your gum tissue. Your gum health can then be maintained with proper homecare and regular professional care.

Discomfort/Pain:

- Should not be acute and should subside in a few hours to a few days.
- Discomfort immediately following treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about a few hours.
- Any discomfort due to brushing should get better in one to several days.

Tooth Sensitivity:

- May be sensitive to temperature changes and/or sweets.
- Temperature sensitivity may be intense the first several days and usually diminishes quickly.

Bleeding:

- Slight bleeding may occur during the next several brushings but should steadily decrease after two to three days.

Appearance:

- Root surfaces may be more exposed as the swelling of the inflamed gum tissue decreases. This may result in more space between the teeth, increased recession and sensitivity.

Instructions to Minimize Symptoms:

Diet/Eating

- Chewing hard foods such as meat or raw vegetables may be uncomfortable. This should subside in a few days. Soft diet may be recommended.
- If local anesthetic was used avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks.

Discomfort/Pain/Sensitivity

- Acetaminophen or a non-aspirin analgesic should be taken as needed to reduce discomfort.
- Desensitizing toothpaste containing potassium nitrate and fluoride rinses may be used to reduce sensitivity.
- Warm salt water rinses for the next 24-48 hours to help heal tissue and reduce discomfort.

Oral Hygiene

- Brush teeth gently but thoroughly over the next few days.
- If local antibiotic was placed do not floss those sites for 10 days.

***Please contact our office should you experience prolonged bleeding or any other problems during the healing process.**