



Periodontal Therapy Home Instructions

These instructions, if followed properly, will aid in promoting healing with minimal discomfort following therapy:

Oral Hygiene: On the same day that therapy is completed, gently brush around gumline that evening. Begin flossing and using the additional aid(s) to clean in between your teeth the day after therapy is completed. Tenderness may last for several days. Thorough plaque removal must be completed and will help reduce tenderness and sensitivity, as well as maximize healing.

Diet: You may want to eat softer foods such as eggs, soup, cheese, pasta, etc. Avoid crunchy foods such as popcorn, nuts, chips and anything with little seeds as well as spicy foods. These can get lodged between the gum and side of tooth and delay healing.

Smoking: It is advisable not to smoke for a few days after the therapy is completed as the smoke and the heat it produces can irritate the gums and retard healing.

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

Bleeding: Some bleeding for the next one to two days is normal. If more bleeding occurs in a specific area, you can place a moist dark tea bag directly on site and hold with pressure for fifteen minutes. If bleeding persists beyond a few hours, please contact our office.

Tooth Sensitivity: The exposed root surfaces of your teeth may be sensitive to hot and/or cold, sweet, salty, spicy and/or acidic foods as well as mechanically from brushing or flossing. Using anti-sensitivity toothpaste like Sensodyne or Crest Sensitivity will help reduce these symptoms. It is extremely important that proper homecare with toothbrush, floss, and aides is maintained even if sensitivity exists because plaque removal will ultimately help decrease sensitivity.

Gum Soreness: Ibuprofen or Acetaminophen (Advil, Motrin, or Tylenol) taken as directed will relieve any discomfort. Warm salt water rinses (1 teaspoon salt to 1 cup warm water) every 3-4 hours for next few days will aid in the healing of gum tissue. However, salt water rinse is not recommended for people with high blood pressure. If pain persists, please contact our office immediately.

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

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