Periodontal Scaling Therapy Post Op Instructions

Common Experiences after Periodontal Scaling Therapy

o   Discomfort: Your gums may be sore for the next few days. You can take a pain reliever such as Tylenol or Advil as needed.
o   Bleeding: It is normal to experience bleeding when brushing and flossing, for the next few days. The bleeding should steadily decrease within the next 3-5 days.
o   Sensitivity: Your teeth may be more sensitive to temperature changes. Removing harmful debris covering the root surfaces can leave them open to stimulus for a short period of time. If the problem persists, please let us know.

What to do after Periodontal Scaling Therapy

o   Use your electric toothbrush at least twice a day for two minutes, angling your toothbrush towards the gum-line.
o   We highly recommend every patient begin using a water pick at least once a day. You may also add a few tablespoons of Listerine to disinfect below the gums.
o   Flossing daily is also beneficial in removing harmful bacteria from below the gum-line.
o   You have been dispensed a bottle of Essential Smiles Mouth-rinse. Follow the instructions given on the bottle, and use it twice a day until finished.

Establishing a daily oral hygiene routine is critical in combating your periodontal disease. In addition to your home care routine, it is vital to maintain your periodontal maintenance therapy visits. After your initial therapy appointment, your hygienist will make you a 6 week follow up periodontal maintenance therapy visit. This appointment is very important, because we are evaluating your healing after treatment; as well as making any other necessary additions to your treatment plan. In order to maintain the progress you have made, we will need to perform regular maintenance therapy visits every 3, 4 or 6 months, depending on your disease status.

 Your Hygienist and Dentist will be with you every step of the way to a healthier mouth and body!

Diseased Tooth/Gum

Periodontal Pocket

Inflammation

Healthy Tooth/Gum

Gingivae (Gums)