

AFTER YOUR PERIODONTAL (GUM) THERAPY

You have received specialized therapy to treat your gum disease. The care following an initial treatment or debridement is the same as home care following anesthetized periodontal scaling and root planning. Close attention to these instructions will speed up your healing process and reduce the amount of discomfort you may experience.

EATING AND DRINKING

Avoid chewing solid food until the numbness has completely worn off. If you are hungry, you may drink a milkshake or other liquid. You may notice sensitivity to cold liquids. This is a normal response to the gum treatment and should ease up within seven to ten days.

BRUSHING AND FLOSSING

You should have received specific home care instructions to help speed the healing process and help you maintain your gums and bone once therapy is complete. If you have any questions concerning your home care, please speak with one of our therapists. Your home care is most important in maintaining good oral health.

POST TREATMENT DISCOMFORT

The most common post-treatment discomfort is tender gums. For the first few days, use a warm saltwater rinse of 1/8 teaspoon of salt in an 8-ounce glass of water (as warm as you can stand). Do this as often as you like, but especially after eating. Gentle brushing and cleaning between the teeth will also help.

Another post-treatment side effect is sensitive teeth. You may have been given Sensodyne toothpaste or a prescription for Prevident 5000+. Begin using these products immediately, and pay close attention to the instructions for maximum benefit. Motrin and Tylenol will also help any discomfort. Take according to directions. There should not be prescription medication unless you have undergone periodontal surgery.

CALLING OUR OFFICE

Any discomfort that lasts more than four to five days or that gets worse should be reported to our office. Please call us at (706) 796-6269.

WHAT'S NEXT

Once your periodontal therapy is complete we can begin the next phase of treatment. Our office will place you on active periodontal maintenance recall to ensure that your teeth, bone and gums remain healthy, and to make certain that your home care is the best possible.