

Post Operative Instructions For The Periodontal Patient

Numbness

After your appointment, you may still be numb from the local anesthetic. The numbness may last several hours. Be careful to not bite your tongue, lip, or cheek. It may be sore around the injection site. To sooth this, mix 1 teaspoon of salt with an 8 oz. glass of warm water, and then rinse your mouth several times.

Sensitivity

Due to the treatment done today, your gums and teeth may be tender for approximately 48 hours.

- Take Tylenol or Advil every 4 hours as needed for the pain. Try to take one dose before the anesthetic wears off.
- Rinse with warm salt water. Try to do this after every meal for the next 48 hours.
- If the pain persists, please contact our office.

Bleeding

Your gums may bleed following the treatment. If the bleeding continues, use a cold, wet tea bag to apply pressure on the affected gum area for 20 minutes. You can also try rinsing with ice water or applying a cold wet piece of gauze to the area. If none of these things stop the bleeding, please contact our office.

Eating

Today we removed calculus (tartar) from your teeth, and this may cause the gums to be sensitive and inflamed for a while. To minimize future problems, please avoid these foods for 48-72 hours:

- popcorn and peanuts
- hard chips
- extreme temperatures (hot or cold)
- spicy or salty foods

Oral Hygiene

It is VERY important that you follow the instructions given to you by Dr. Amie Rockow-Nelson, D.D.S. and staff. Proper brushing and flossing are essential to heal completely. During brushing and flossing, there may be bleeding for 4-7 days. This is normal, and will decrease as your gums become firm and healthy.

The Future

Tooth loss in adults is caused primarily by periodontal (gum) disease. It is necessary to treat the disease early to prevent more severe problems. Periodontal therapy is only effective when the treatment is completed and adequate home care is implemented. We will continue to see you more frequently until we are certain the disease is under control. If your periodontal status is worsening, we will then refer you to a specialist.