

Patient Instructions Following Periodontal Therapy

Periodontal therapy is a procedure that removes disease causing agents, hard deposits and soft plaque germs, from below your gums. Following this procedure you can expect your gums to show healthy improvements within 2 to 3 days. The gums will develop a salmon pink color and lose the swelling and bleeding associated with gum disease. Daily removal of the plaque germs is extremely important during this healing phase. The following information will be helpful.

Pain Control

If a local anesthetic was used, you will not feel any discomfort until the numbness is gone, which may take a few hours. Advil is the typical choice for pain and may be taken immediately after treatment. Repeat every 4-6 hours if needed for the first day or two. Warm salt-water rinses can be comforting and help reduce swelling.

Tooth Sensitivity

The teeth may be sensitive to hot or cold liquids, and sometimes to sweets. For a few days the sensation may be somewhat intense, but will diminish over the next several days. If it persists longer than a week, the use of desensitizing toothpaste, containing potassium nitrate, might be recommended. If sensitivity is severe and prolonged, it may be necessary to apply a desensitizing agent. This procedure is done in the dental office.

Bleeding

For 2-3 days, your gums might bleed when you brush and floss. This will decline and eventually disappear over the next several days.

Diet/Eating

It is advisable to avoid eating until the anesthetic wears off, and feeling is restored to your mouth. It is not necessary to be restricted to a soft diet, unless extensive treatment was performed. If treatment was extensive, chewing meat, rough vegetables, and hard bread or rolls might cause some discomfort and should be avoided for 1-2 days.

Brushing and Flossing

It cannot be stressed enough that effective plaque removal is vital during this healing period. Be gentle, but thorough, in cleaning your teeth. Using an ultra soft toothbrush slowly and carefully might take a little more time, but the enhanced healing benefits, and reduced recovery time, will be well worth it.

Special Instructions

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