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Post Operative Instructions for Deep Cleanings

CONGRATULATIONS, you are on your way to a healthier mouth. Eliminating active infection in your gum tissue and maintaining a healthy mouth for the rest of your lifetime is one of the most important things you can do for your body.

What to Expect

Some mild discomfort, bleeding and/or swelling may occur after having periodontal treatment. The following are guidelines to follow, which will help the healing and lead to a quicker recovery.

Care of Your Mouth

Rinse your mouth 2-3 times a day with warm salt water: one teaspoon of table salt with 8 oz of warm water. Continue for at least 2-3 days following your procedure.

Discomfort

Your gums may feel "achy" or sore. For mild pain, you can take up to 2 Motrin (ibuprofen) every 6 hours, unless contraindicated. Sensitivity to cold food or drinks may occur for the next 24 hours.

Brushing

You may GENTLY brush the area this evening. Return to normal GENTLE circular brushing tomorrow.

Flossing

Start flossing EVERYDAY. Remember, brushing alone will only remove part of the bacteria and plaque that is growing on your teeth.

Diet

Your next meal should consist of only SOFT foods. Avoid any hard or crunchy foods for the next few days (popcorn, chips, pretzels).

Smoking

If you can or want to quit smoking now is a great time. Please do not smoke following your scaling and root planning procedure for at least 24 hours. Tobacco can prolong and/or discourage the healing process.

PERIODONTAL MAINTENANCE PROCEDURE

Now that you have taken this important first step to a healthier mouth and body, you will need to continue treatment to control and remove any active infection in your gum tissues. Periodontal Maintenance procedures are recommended every 3 to 4 months following Deep Cleanings to monitor your progress and prevent a relapse or re-infection.

If you have any questions, please do not hesitate to contact our office.