



Periodontal Therapy Post Procedure Instructions

Congratulations, you have made the first of many important steps in improving your oral health and overall health, by accepting and completing the non-surgical periodontal therapy procedure you had done today.

Though complications after this procedure are rare, please be aware of the following:

Do not eat until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause injury. Avoid sticky, hard (such as ice cubes, nuts, popcorn) spicy, highly seasoned, or acidic foods the first day after the procedure.

Medications

- Do not exceed maximum recommended dose within a 24-hour period
- Ibuprofen (such as Advil or Motrin) is recommended for the first day unless otherwise instructed or if you present any medical condition or allergy preventing you to take this drug
- If you are unable to take Ibuprofen, you may substitute with Tylenol

Discomfort

- Slight swelling is possible
- A reusable ice pack or frozen vegetable bag wrapped in a soft towel may be applied to the side of the face to help minimize swelling in the area for 10-15 minutes at a time
- Increased tooth sensitivity after scaling to cold may occur in some patients
- Sensitivity usually decreases within the following weeks after scaling and can be minimized by keeping the area as free of plaque and debris as possible

Bleeding

- Minor bleeding around treatment area may occur during the first 48 hours
- You may rinse your mouth with warm salt water, prepared by dissolving one teaspoon of salt in an 8-oz glass of water
- If bleeding increases past the initial 48 hours, please contact our office

Homecare

- Brushing and flossing as instructed is **of the most importance after scaling** and allows for the best predictable healing outcome
- Avoid smoking for 7-14 days following scaling, as smoking will delay healing
- Brushing with a soft bristled electric toothbrush 2-3 times per day
- Use a Waterpik daily as well as traditional string floss
- Rinsing with a non-alcohol-based mouth wash such as alcohol-free Listerine

If you have any questions or concerns, please call our office at (406-844-3825)

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