



## PERIODONTAL THERAPY (DEEP CLEANING) HOME CARE INSTRUCTIONS

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After your appointment today, it will be essential to keep up with your home care to ensure a quick recovery and maintaining good oral health.

### **WHAT TO EXPECT:**

You can expect some discomfort, bleeding, and possibly some swelling after having periodontal therapy.

### **CARING FOR YOUR MOUTH:**

You can rinse your mouth 2-3 times a day with warm salt water; one teaspoon of table salt per 8 oz of warm water. Continue for at least 2-3 days following your procedure. A medicated antibacterial rinse may be dispensed to help promote gum healing.

### **DISCOMFORT:**

Your gums may feel ache-y or sore. For mild pain after the numbness wears off, you can take 2 over the counter pain reliever (avoid aspirin) every 6 hours, unless other specified. Sensitivity to cold food or drinks may occur for the next 24 hours. Be sure to use a fluoride toothpaste or rinse to help re-mineralize teeth and relieve tooth sensitivity. We sell prescription strength fluoride toothpaste in the office if you are interested. Please let us know if you experience discomfort and we can help you find the right product for you. Some patients may not feel any discomfort at all after treatment.

### **BLEEDING OR SWELLING:**

Light bleeding following treatment is normal. Swelling or jaw stiffness occurs very rarely. A warm, moist towel can be used to help relieve swelling/stiffness for about 15 minutes on and 15 minutes off for a few days following treatment.

### **BRUSHING AND FLOSSING:**

You may gently brush the area this evening. Return to normal, gentle circular brushing tomorrow. Remember, never brush with a medium or hard bristle toothbrush or in an aggressive way. Please refrain from flossing today and tomorrow morning. You can start flossing again about 48 hours after your treatment. Brushing only removes part of the harmful bacteria in your mouth. Flossing removes the bacteria and plaque that collect between your teeth and at the gumline which promotes healing and prevents relapse.

### **DIET:**

Your next meal should consist of only soft foods. Avoid crunchy or hard foods for the next 3-4 days.

### **SMOKING:**

It is best not to smoke following your periodontal therapy for at least 24 hours. Tobacco smoke will prolong or discourage the healing process.