

FOLLOWING PERIODONTAL THERAPY

Proper care of the mouth following periodontal scaling can minimize discomfort and speed the healing of the tissue.

It is important to understand that the presence of bacterial plaque and calculus (tartar) causes inflammation of the tissue. After undergoing a periodontal root planing or scaling procedure, discomfort can be expected for a day or two because of the inflammation. Light bleeding or oozing from the treated area is not uncommon. Following the treatment it is advisable to rinse 2 or 3 times per day with warm salt water (one half tsp. table salt in 8 oz. warm water). This will help the initial soreness to subside. Ibuprofen (Advil) or acetaminophen (Tylenol) is effective to control any minor discomfort you may experience - but avoid aspirin.

When you brush, do so gently for the first 24 hours and then begin using the other dental aids recommended for your situation (floss, perio-aids, end tuft brush, etc.). Expect that these procedures may also cause some bleeding, discomfort and cold sensitivity for several days. As the tissue heals, bleeding and discomfort will subside. Rinsing with warm salt water after your recommended homecare routine would be beneficial as long as there is soreness or bleeding.

If you have any questions or concerns, please call.