



Post Periodontal Therapy Instructions

What to Expect

To some degree, tenderness is to be expected. To reduce the amount of tenderness and to promote healing, once every two to three hours, rinse with warm salt water (½ teaspoon of salt in one cup of warm water).

Be sure to brush gently today, even if your gums are tender to help remove the plaque that has already started to form.

Drink plenty of water today to help in the removal of the bacteria that is present.

Highly nutritious foods are necessary for the healing process. Avoid foods that require excessive chewing, including sticky; crunchy; or coarse foods.

Tooth sensitivity is normal and temporary. You may use desensitizing toothpaste such as Sensodyne or any major brand for sensitivity relief.

Medication

If you have any discomfort, take whatever you normally would take for a headache as directed on the bottle. An over-the-counter medication containing ibuprofen (Advil, Motrin) usually works best. If necessary, a stronger pain medication will be prescribed for you.

Success

Success of periodontal therapy depends on the improvement of your home care! Be sure to brush your teeth twice a day with a soft toothbrush and a toothpaste containing fluoride. It is also important for you to floss in between your teeth at least once a day. If any home care aids have been recommended to you, please be sure to follow their instructions.

If excessive bleeding or any other problems occur, please call our office at (308) 632-6331 at once!

Thank you for giving us this opportunity to serve you! We truly appreciate your confidence in us as your dental care provider.