

## **PATIENT INSTRUCTIONS FOLLOWING INITIAL PERIODONTAL THERAPY**

The purpose of the initial periodontal therapy being administered is to reduce infection, lower the bacterial count and remove the tartar. A thorough pre-surgical periodontal examination in 4-6 weeks will be performed to evaluate your periodontal status and recommendations will be made for any additional periodontal treatment based on these findings. Please be aware of the following:

1. Bleeding is generally mild and usually ends within a day. Rinse your mouth with warm salt water (1 teaspoon salt mixed in 8 ounces of warm water) four or more times a day.
2. Temporary sensitivity and/or tenderness may occur. You may find that you are more comfortable if you take a non-steroidal anti-inflammatory agent like aspirin, ibuprofen or Tylenol. Because we are concerned about your comfort and well being, if severe or persistent pain should occur, please call our office.
3. Sensitivity of the teeth to sweets and cold are the most common side effects. Sensitivity diminishes with time, but may last several weeks, depending on the severity of your initial periodontal condition. Using a sensitivity toothpaste like Sensodyne or Denquel may help, but takes up to several weeks. If the sensitivity persists, there are professional products we can use to help.
4. It is advisable to avoid food and hot liquids until the local anesthetic has worn off. Also, chewing hard or spicy foods may irritate your gum tissue during the first few days.
5. Your home care is very important in the healing of the gum tissues. Resume brushing immediately, being very gentle at first. Flossing and any other recommendations should begin on the second day of healing.
6. Once your periodontal treatment is completed, we will determine the appropriate periodontal maintenance program.
7. If you have any questions or concerns, please feel free to ask. We are always more than happy to answer any questions and address any concerns to help you achieve and maintain a healthy mouth.

***Thank-you,***

***Walter R. L. Wood, D.M.D.***