

Periodontal Home Care Sheet

Today we have performed a dental treatment called Scaling and Root Planing for you. It involves cleaning your teeth above and below the gum line to ensure they are as clean as possible and bacteria has been removed from the root surfaces to treat a gum condition known as periodontal disease.

This is the first step in treating gum disease. If you do not take excellent care of your teeth by flossing daily, brushing two times per day and seeing the dentist regularly the treatment will not work. Occasionally, even if you do everything recommended, patients do not respond to this treatment. Then it is common to send the patient to a gum specialist for a second opinion and consider gum surgery.

Usually we numb (anesthetize) part or all of your mouth in order to clean it to the best of our ability and as comfortably as possible. Please be careful not to bite your lips, cheeks, or tongue for the next one to three hours. Most patients like to take a pain reliever like Ibuprofen (Motrin or Advil) or Acetaminophen (Tylenol) as needed. Most patients feel great the next day and resume all activities. The day of the treatment we recommend eating soft foods and rinsing with warm salt water.

We would like to see you every 3-4 months for a maintenance cleaning and exam. Due to the gum disease you will need to be very diligent with regular office visits and oral hygiene. Most people experience a little tooth sensitivity after a deep cleaning because the root surfaces are no longer protected with dirty tarter and are exposed. We recommend a special toothpaste like Prevident 5000+ or SootheRx to help relieve tooth sensitivity. We recommend an ultra soft toothbrush . If you have any other concerns please let us know as soon as possible.