

D & K

Duffy & Kwiatt Dental Associates

Advanced dentistry with a personal touch

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INSTRUCTIONS FOLLOWING PERIODONTAL THERAPY

- ANESTHESIA:** You may receive anesthesia for this procedure. Numbness may last several hours but this varies with each individual. When the mouth is numb, avoid injury to the tongue or cheeks. Avoid eating or drinking of hot liquids until the numbness wears off.
- SORENESS:** Your gums may be sore after the treatment for periodontal disease, especially after the anesthesia wears off. You can take a mild analgesic such as Advil or Tylenol as needed.
- SENSITIVITY:** Your teeth may be sensitive to hot or cold. The sensitivity may be noticeable the first several days and then usually diminishes. If it persists desensitizing toothpaste such as Sensodyne may be helpful. Homecare Fluoride may be prescribed for you if needed. **AVOID TARTAR CONTROL TOOTHPASTE.**
- BLEEDING** Some bleeding may occur during the next few days while brushing and flossing. The bleeding should steadily decrease. Remember that it is up to you to continually improve your oral hygiene each day.
- RINSES:** If you are not on a salt restricted diet you can use warm salt water rinses (1tsp salt in 8 oz. warm water) every 2 hours for the remainder of the day. This rinse can be soothing. Your hygienist may have you rinse with other agents to aid in the healing process if necessary.
- DIET/EATING:** Chewing hard foods such as meat or raw vegetables may be uncomfortable for the next few days. A diet of softer foods is advised until the chewing becomes more comfortable.
- ORAL HYGIENE:** The success of your treatment of periodontal disease depends upon **YOUR CLEAN MOUTH.** Flossing, brushing, and the use of oral hygiene aids are essential in healing and preventing the progression of periodontal disease. Begin your homecare routine immediately