

## Periodontal Therapy Care

Today, you have received treatment to improve your overall health and the health of your gums. Special instrumentation and medicaments were used in conjunction with advanced periodontal debridement techniques. Although this was not a surgical procedure, the treated areas can sometimes be tender for a few days. This is normal because the areas that were treated are inflamed and your body needs time to heal. In order to optimize your healing, please keep in mind the following:

- Because of the local anesthetic that was used, the treated area is numb. Please refrain from chewing and eating until the numbness has worn off.
- The tissue treated can be tender for a few days. Please take over the counter ibuprofen (Advil or Motrin) or Tylenol if needed.
- The root surfaces can be sensitive, especially to cold. Use the Fluoridex toothpaste in place of your regular toothpaste for the first week after treatment and continue if you are experiencing further sensitivity. This sensitivity is temporary.
- Continue your regular home care including flossing. The treated area will have a tendency to bleed while it is healing.
- Rinsing with warm salt water (1/4 to 1/2 teaspoon salt to 8 ounces warm water) will help you if your gums are tender.

If you have any problems or concerns at all, please call our office.