

HOME CARE INSTRUCTIONS FOLLOWING ROOT PLANING/DEEP-SCALE AND/OR LASER BACTERIAL REDUCTION OF THE TEETH

There does not yet exist a cure for gum disease (Periodontitis). The treatment that we render is aimed at arresting the progression of the disease.

Your gums may give you some discomfort following your cleaning appointment. It is not unusual for the treated area to bleed lightly or to feel tender for a day. You may take analgesics such as Advil or Tylenol for the first 48 hours as needed. It is best to alternate between the two analgesics for the best comfort control.

Your teeth may become more sensitive to cold. This sensitivity may last for up to two months. MI Paste may be used 1x/day to help speed your body's own desensitizing abilities. If the sensitivity persists or is intolerable, please call our office. We can desensitize with the Laser (an effective , non-invasive treatment).

To increase the ability of your body to heal your gum tissue, it is important to maintain good oral home care. We recommend the following POST OPERATIVE PROTOCOL:

1. Rinse with warm salt water rinse (½ tsp of salt or baking soda in glass of water) today to further reduce bacterial infection and enhance healing.
2. Rinse with lukewarm Chamomile tea as an anti-inflammatory.
3. No smoking for 48 hours.
4. Avoid hard, chewy or spicy foods for 24 hours.
5. **Brush** 2-3 times daily. (We highly recommend the SONICARE brush)
6. **Floss** daily.

Results are dependent upon your home care and commitment to regular hygiene appointments. Together, we will be able to stop the progression of this disease and create healthy gums.

** Do not hesitate to phone us with any concerns about your treatment.**

Dr. Sylvia Kowalewski
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