

GUM THERAPY/ DEEP CLEANING (SCALING AND ROOT PLANNING) CARE INSTRUCTIONS

Congratulations on taking this step to achieve a healthy and confident smile.

Following your periodontal treatment, proper care at home is critical to healing and to help manage your periodontal health long term. Please follow these instructions closely.

Immediate Instructions, If Anesthesia was used

- **Wait to Eat:** Do not eat until the anesthesia completely wears off. If you are hungry, stick to liquids like soup or smoothies.
- **Avoid Biting Injuries:** Be careful not to bite your lips, cheeks, or tongue while numb. This can cause injury.
- **Mild Discomfort:** Some soreness once the anesthesia fades is normal.
- **Do not touch the treated areas**
- **No Smoking for 24 to 48 hrs.**

What to Expect & Pain Management

- Take medication as directed for mild to moderate sensitivity.
- Begin gently rinsing your mouth with *Closys* as directed or with warm salt water (½ teaspoon salt in 8 oz warm water) 2–3 times daily for the next 24 hours only, especially after eating.
- Possible sensitivity; Brush with sensodyne.

Oral Hygiene

- Brush 2x daily
- Floss daily using the C-shaped flossing technique.
- Is it ok to and highly recommended to continue using *Closys* until gone.
- Continue practicing a good hygiene routine at home indefinitely.
 - Brush 2x daily for 2 minutes to remove plaque and bacteria from around teeth and gums
 - Floss 1x daily to remove plaque and bacteria from around your teeth and gums (after the initial 10 days)
 - Waterpik if recommended
 - Use mouthwash as needed and/or prescribed mouthwash as directed

Diet

- Avoid hot, spicy, crunchy, or acidic foods, as well as alcoholic beverages, for several days.
- Drink plenty of water to stay hydrated and support healing.
- Avoid sugary beverages and alcohol, which can contribute to dry mouth and bacterial growth

Long Term Care

- **Ongoing Cleanings:** Regular periodontal cleanings are essential to maintaining gum and bone health.

- **Home Care is Critical:** Your oral hygiene at home is as important as your professional treatment.
- **Monitor Symptoms:** Some periodontal damage may be irreversible, but ongoing care can prevent further progression.
- **Re-Treatment:** Additional scaling and root planing may be required in the future.

If you have any allergic reactions, such as skin reactions or trouble breathing, or if you have an exaggerated sunburn reaction please contact the office as soon as possible.

If you have any questions or concerns about your healing process, please contact our office immediately. We are here to help ensure a smooth and healthy recovery.