



## DEEP CLEANING POST TREATMENT INSTRUCTIONS

Following scaling and root planing, you can expect to notice less redness, less bleeding and less swelling of your gum tissue. Your mouth will feel better and food will taste better. Your gum health can then be maintained with proper home care and regular professional care.

Your gums may feel a little sore after the anesthesia wears off. This is only temporary and will disappear within a day or two. As your gums heal they will shrink, possibly exposing root surfaces to the oral environment, and you may experience some sensitivity to cold water or air. This is normal, and with continued home care, sensitivity should disappear. You also may notice a reduction in tenderness, redness, swelling, and bleeding. These are all signs of healthier gum tissues.

To minimize the discomfort and aid proper healing following your deep cleaning, we suggest the following:

1. After the procedure, take aspirin, Tylenol (acetaminophen), or Advil (ibuprofen) *before* the anesthetic wears off. Continue to take one tablet every four hours for the next two days.
2. Rinse with a warm salt-water solution (mix ½ teaspoon salt in 8 oz. warm water) two or three times per hour for the next day or two.
3. Use a soft toothbrush at least two times a day. Be gentle and *clean thoroughly*. Slight bleeding may occur while brushing as the tissues begin to heal.
4. Avoid strong spicy seasonings and hard foods for the next few days.
5. If sensitivity to cold occurs. Use a desensitizing toothpaste (Sensodyne), or fluoride gel (Prevident or Clin-pro) at least 4 times per day for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
6. Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid, rubber tip, Sonicare, Proxabrush, Gel-Kam fluoride, Peridex mouthrinse, etc).
7. Refrain from all tobacco products, including but not limited to: smoking, vaping, or chewing tobacco for 24 hours or longer. Tobacco interferes with healing.
8. If You have been prescribed Peridex and/or Periomed oral rinses to be used as an aid to maintaining proper oral hygiene at home. It is important to follow the instructions on the bottle for their use, and incorporate them into your daily regimen of home care.
9. If Arestin was placed, please follow the specific care instructions given by your hygienist.
10. If you have any questions or concerns, please call our office at 352-683-1838

Lastly, please be diligent about returning for your recall hygiene appointments. Continuing care is critical to avoiding relapse and the need for scaling / root planing to be repeated.