

PRE AND POST OP DEEP CLEANING INSTRUCTIONS

DISCOMFORT AND PAIN

Discomfort immediately after the appointment is normal and can be relieved with Tylenol, Aspirin, or Ibuprofen.

TOOTH SENSITIVITY

Teeth may be sensitive to temperature changes and /or sweets. The sensitivity to temperature may be intense at first, but usually diminishes quickly.

BLEEDING

Some slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease after two or three days.

APPEARANCE

Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more open space between teeth.

INSTRUCTIONS TO MINIMIZE SYMPTOMS

DIET / EATING If extensive root planning was performed, chewing hard foods, such as meat or raw vegetable may be uncomfortable. A diet of a softer consistency is advisable until chewing becomes more comfortable.

ORAL HYGIENE

If gum tissues are tender, brush your teeth gently, but thoroughly. This may take a little more time than normal and by the third, or fourth day normal hygiene techniques can be resumed. Mouth rinsing is recommended with either of the following solutions:

1. An Anti Microbial Rinse
2. A warm Saline Rinse