
**POST OPERATIVE INSTRUCTIONS
FOLLOWING PERIODONTAL THERAPY**

1. Following non-surgical periodontal therapy, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better.
2. When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off.
3. Mild post treatment discomfort is normal. Over the counter (OTC) analgesic pain medications are recommended to manage your discomfort (Motrin or Advil, 1-2 tablets every 4-6 hours as needed)
4. It is not unusual for the teeth to be more sensitive to hot or cold. This occurs when gum tissue heals and there is a decrease in inflammation. Prescription level fluoride toothpaste has been proven to strengthen root surfaces, prevent decay and help alleviate sensitivity.
5. If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you.
6. Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Follow homecare instructions given to you by your dental hygienist. If a prescription level mouth rinse has been indicated, you will rinse two times a day after brushing for two weeks.
7. Because periodontal disease does not typically hurt, it is important to remember you may still have persistent disease but no symptoms. We recommend completing all recommended periodontal therapy appointments. Once all areas of infection are treated, it is very important to be re-evaluated to ensure the infection has been treated effectively. The re-evaluation appointment will occur four to six weeks after treatment.
8. Additional recommendations include:

9. Our commitment is to take the very best care of you. It is our pleasure to assist you with any questions you may have.

Your Hygienists,
Bailey, Brenda, Julie



**Monument
Family
Dentistry**

Brad Burtwistle DDS, RN
