



POST-OPERATIVE INSTRUCTIONS FOR NON-SURGICAL THERAPY

Discomfort: The amount of discomfort you feel after the therapy provided correlates with the span of the area accessed. The greater the span of the area accessed, the more discomfort you are likely to feel afterwards. If the discomfort **increases** significantly 3-7 days after the therapy, please call us.

Do not take pain medication on an empty stomach. As discomfort subsides, you should discontinue this medication. If you can take them, alternatives to narcotics include ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) as outlined below. Be mindful of the daily max dose of ibuprofen (1200 mg) and acetaminophen (3000 mg).

- For mild to moderate pain, take 400 mg ibuprofen every six hours

Laser Therapy: If you had laser therapy, you could apply vitamin E or coconut oil to the gum tissue 2-4 times daily for 3-4 days.

Local Antibiotics: If local antibiotics were placed, please refrain from brushing that area for 24 hours, flossing, or using a Waterpik in that area for ten days after treatment.

Sensitivity: It is not unusual for the teeth to be more sensitive to hot or cold temperatures and/or sweets. This occurs as the gum tissue heals and shrinks in size with resolution of inflammation. Sensitivity should resolve with proper home care. Brushing with a toothpaste specifically formulated for sensitivity or with fluoride can also alleviate sensitivity over time. Avoid toothpastes with “whitening” or baking soda, as these can often worsen the sensitivity. If sensitivity persists or is severe, professional application of a desensitizing agent may be required.

Bleeding: Bleeding is normal. Keep in mind that when blood mixes with saliva, it may appear as if you are bleeding more than you are. Do not be concerned if you still have a minimal amount of bleeding when you go to bed. Placing a towel over your pillow can be used to avoid a small amount of blood from staining your pillowcase.

Oral Hygiene: Gently rinsing with warm salt water (one teaspoon of salt with a half glass of warm water) will help soothe the area treated. The mouth rinse should only gently bathe the area treated, do not rinse vigorously. Resume your home care regimen of brushing twice a day with a soft bristled toothbrush and daily flossing immediately but be gentle with the area treated. If the soreness prevents normal brushing and flossing, please rinse with warm saltwater or CloSYS mouthwash 3 times per day to remove as much food debris as possible. Gum health must be maintained with proper home care as instructed. Please avoid using a Waterpik flosser for at least three days after therapy. If you use a Waterpik, use the lowest setting only.

Diet: Soft foods, small bites, and chewing on the opposite side of the mouth from the therapy site is recommended. **Cool foods are best.** Avoid highly seasoned foods and sharp foods like nuts, popcorn, and chips. It is important to maintain a nutritious, high-protein, diet while you heal. Beverage recommendations include fruit smoothies, protein or nutritional supplement shakes, milk, milkshakes, **all without a straw.** Food recommendations include pasta, soup, mashed potatoes, scrambled eggs, applesauce, pudding, yogurt.

Emergencies: Although non-surgical periodontal therapy is safe, severe complications can occur on occasion. Visit an emergency room immediately if you experience any of the following: swelling that interferes with breathing or swallowing, and/or a temperature over 101^oF. If you have severe pulsating bleeding and cannot reach our office or doctors immediately, emergency medical care is also warranted.

Kyle Diehl, PhD, DDS, MSD | Colleen Leong, DDS, MSD

2979 North Iola Street
Denver, CO 80238
(720) 703-9116
team@periocp.com



WHAT'S NEXT?

In four to six weeks, you will be evaluated again by one of our periodontists and your periodontal probings reassessed to evaluate your response to non-surgical periodontal therapy. If deeper probing depths persist, as non-surgical periodontal therapy can only address pockets of a certain depth, surgical intervention may be recommended.

It is recommended that you receive periodontal maintenance cleaning visits every three months, alternating between our office and your general dentist's office.

If you have any concerns, please do not hesitate to call our office at **(720) 703-9116** during normal business hours.

During evening and weekend hours, our doctors can be reached at
Dr. Diehl (720) 633-7875 | Dr. Leong (720) 900-5088

Kyle Diehl, PhD, DDS, MSD | Colleen Leong, DDS, MSD

2979 North Iola Street
Denver, CO 80238
(720) 703-9116
team@periocp.com