

## Instructions Following Periodontal Therapy

- After periodontal therapy, warm salt water rinsing is recommended to promote healing. (Combine ½ teaspoon salt to 8 ounces of warm water.)
- An over the counter pain medication or analgesic may be taken for any mild discomfort. Non-aspirin medications such as Aleve (Naprosin), Motrin (Ibuprofen), or Tylenol (Acetaminophen) are recommended.
- Regular oral hygiene should be continue after your periodontal therapy. Oral hygiene should include daily flossing and soft brushing 2-3 times a day.
- Patients may initially notice increased hypersensitivity. If this persists, please inform your hygienist/dentist. They may be able to recommend other procedures to alleviate your discomfort.
- Excessive bleeding is very rare after periodontal therapy, although you may notice some slight oozing of blood missed with saliva. If bleeding persists, please notify the office immediately.
- Avoid strong, spicy seasonings for the first 24 hour period. A temporary bland diet is recommended.

***Feel free to contact us with any questions regarding your oral health.***