

WEST HAVEN DENTAL CARE LLC

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CARE INSTRUCTIONS FOLLOWING A PERIODONTAL PROCEDURE

- The treatment that was completed is called scaling and root planing (deep cleaning) of your teeth and gums.
- Bleeding both during and for a short time after this procedure is normal. You may notice bleeding primarily after brushing or gum stimulation (eating, flossing etc.) which will decrease and soon subside as your gums heal.
- Some discomfort is normal. Over-the-counter non-aspirin pain reliever (Motrin, Tylenol, Aleve) should be sufficient. The doctor can prescribe stronger medication if necessary.
- For best pain relief, begin taking pain medication as soon as possible before novacaine wears off. Continue taking medication every 4 to 6 hours for 2 to 3 days as needed.
- The doctor/hygienist will give you instructions regarding continued home care following your treatment. These will include brushing, flossing, stim-u-dent use and possibly rinsing with a prescribed mouthwash.
- Excellent daily home care and regular follow-up appointments are critical for successful results. We will outline your continuing care visits with you.
- Future referral to a Periodontist (gum specialist) is always possible. The outcome of our treatment and your progress will determine this. Committing yourself to excellent oral hygiene at home (brushing, flossing, stim-u-dents along with prescribed mouthwash use) along with regular professional cleanings and check-ups will help you maintain and keep a healthy smile.
- In case of any emergency, please do not hesitate to call our office.
- **AIDS TO HELP WITH PERIODONTAL (GUM) CARE:**

NEW, SOFT-BRISTLED TOOTHBRUSH

STIM-U-DENTS

GLIDE FLOSS

CREST PRO-HEALTH RINSE

GLIDE FLOSS HOLDER

PERIDEX MOUTHWASH

BRAUN / ORAL B ELECTRIC TOOTHBRUSH