



## Post-Operative Instructions For Periodontal Therapy

We have completed periodontal therapy on one section of your mouth. This procedure involved the injection of local anesthetic and the scaling and root planing of the involved teeth. The following is a list of post-operative expectations and answers to commonly asked questions:

- **Most patients experience minimal discomfort following their therapy.** Soreness at the anesthetic injection site, a dull ache in the affected teeth and gums, or minor fatigue in the jaw joint and muscles are the most common sensations.
- **The treated teeth may occasionally have a temporary cold sensitivity, which goes away over time.** Over-the-counter pain medication such as Advil, Aleve, or Tylenol should be more than adequate to keep you comfortable.
- **Your next meal should consist of soft foods.** Avoid hard food such as potato chips, popcorn, et cetera, for the next three to four days.
- **Many patients ask whether they can go back to work or school or do exercise the day of their therapy. The answer for almost every patient is yes.** You may resume normal activity almost as soon as you leave our office so long as you physically feel fine.
- **You may brush and floss normally, but expect a little more tenderness and minor bleeding for a few days.** As the healing process continues, the tenderness and bleeding should disappear.
- **It is important that you maintain excellent oral hygiene using the tools and techniques the hygienist has demonstrated;** otherwise, your treatment will become ineffectual and done in vain. We want you to be happy with your results, so please be mindful of doing your part during and after the treatment program.
- **Unless we have prescribed you a specific mouth rinse, you may use any over-the-counter rinse of your choosing.**
- **On very rare occasions (usually in more severe gum disease cases) patients may experience an acute localized pea-to-grape-sized abscess at the base of a tooth accompanied by a noticeable tenderness and swelling following their therapy.** Should this occur, you will require antibiotics to treat the infected abscess. Please contact our office to arrange for a prescription to be called in to your pharmacy.

- **Swelling and/or stiffness of the jaw rarely occurs;** however, if they do occur, place a warm towel to the face over the affected area.
- **Please refrain from smoking or using tobacco-related products for at least 48 hours after the treatment as their usage will hamper the healing process.** If you've been thinking about quitting, now is the perfect time.

### **Specific to Laser Treatment:**

- **NO flossing or use of any interdental aid for three days following laser treatment.** This includes use of the Water Pik and Air Flosser.
- **Do not brush the evening of your laser treatment,** but do resume brushing the following morning; yet, please be very gentle.
- **If we dispensed a prescription antimicrobial solution to you, please start using this in each of the areas treated, the following day after treatment.**
- **Dispense approximately ½ capful of solution and use the end tuft brush to dip into solution and brush into the gum. Do not rinse, drink, or eat for 30 minutes after using.** Please use sparingly and continue use throughout the course of treatment, or until instructed to discontinue use.

If you have any problems or questions, please call or email us anytime. Our office number is 562-865-0517 and our email is [azlingdds@gmail.com](mailto:azlingdds@gmail.com). It is our pleasure to assist you in achieving excellent oral health.