

## **HOME CARE RECOMMENDATIONS FOLLOWING PERIODONTAL THERAPY**

**First and foremost, Congratulations on your investment  
of good health**

### **ORAL HYGIENE**

It is important that you are aware that the success of your periodontal therapy is *largely dependent on you*. Periodontal disease is not curable, but controllable; therefore, it is our goal to stabilize your condition and help you maintain good oral health. The use of recommended oral hygiene aids discussed during your treatment and *regular periodic recare appointments* can sustain periodontal health; reduce tooth loss and will greatly aid in the success of your care.

### **TOOTH SENSITIVITY**

You may experience sensitivity to hot, cold and sweets. Please be assured, this is common and may vary from person to person. Use a fluoride toothpaste, and if needed, PreviDent or MI Paste (available from us) to eliminate these symptoms.

### **GUM SENSITIVITY**

Your gums may be sore after therapy, especially as the local anesthetic wears off. *Tenderness is part of the healing* and can be helped with a mild analgesic such as Advil or Tylenol. Gum and tooth sensitivity can last for several weeks.

### **RINSES**

The use of warm salt water rinses is soothing and will aid in the healing process. Rinses are recommended three times daily for the next two days.

### **Questions**

Please do not hesitate to call the office and speak with any of our team members or I will return calls as soon as I can do so. We will be happy to assist you with any concerns you may have.