

Douglas M. Johnson DMD

Family Dentistry
ORTHODONTICS & COSMETIC DENTISTRY

After Care Instructions

Periodontal Therapy

The dental hygiene appointment you had today was for gum tissue treatment. We scaled below the gum line to remove bacteria, calculus, diseased root surfaces and bacterial endotoxins. This was necessary to treat the gum disease and stop the bone loss.

- ◆ After a deep cleaning, the gum tissue may be sore for 24 to 48 hours. If the tissue is uncomfortable, rinse with warm saltwater several times a day, (1/2 tsp. salt to 4 oz. warm water).
- ◆ You may take Advil or Tylenol, (whatever you normally take for aches and pains), if the discomfort is not relieved by the saltwater rinses.
- ◆ Any time we do extensive scaling on the teeth and root surfaces, the teeth may become sensitive. This usually occurs several hours after the appointment and is not permanent. Switch to a toothpaste for sensitive teeth like “Crest for Sensitive Teeth”, or “Sensodyne”, and use until symptoms improve.
- ◆ When your periodontal treatment is completed, you will be scheduled for periodontal maintenance three to four months following your last therapy appointment. It is important to the success of your treatment to regularly monitor the bone level and health of the gum tissue.
- ◆ Following through with good oral hygiene and any special homecare instructions as recommended will keep your gum tissue healthy and disease free.

When in doubt, call us. Your comfort and care is our top priority. We're always available – even evenings and weekends – so call us at (541) 928-5414 (Albany) or (503) 394-3345 (Scio).