Home Care Following Dental Treatment

After Deep Cleaning (Periodontal Treatment)

**Numbness:** Numbness usually lasts 2-4 hours. Please do not chew anything or drink hot liquids until your numbness is gone.

**Discomfort:** We expect slight discomfort following your treatment.

- **For Gums:** Rinse 3 or 4 times daily with warm salt water (1/2 teaspoon table salt in 8 oz. warm water). Do not avoid brushing! A clean mouth heals faster.

- **For Muscles:** Gently chew a piece of sugarless gum to relax muscles. Chew on the side opposite your treatment. Eat only soft foods until muscle soreness is gone.

- **For Teeth:** Be patient; time will heal. Use your favorite brand of pain reliever if necessary (ibuprofen tends to work best for dental pain). Call us if you have excessive pain.

**Healing:** Remember, a clean mouth heals faster. Rinse several times a day with warm salt water. If you prefer to use a flavored mouthwash, you may dilute it warm water and rinse. This is beneficial for both healing and mouth cleanliness.

**Brushing:** Brush thoroughly but gently. Use a soft brush warmed in hot water with emphasis on the area of the tooth near the gum-line. If you have been using rubber tips, water piks, or other dental aids, continue to do so. **Do not avoid brushing even if your gums are sore!**
**Bleeding:** Your gums may bleed for a few days when you brush or floss. Don’t be alarmed, this is common. Continue brushing and flossing even if your gums bleed.

**Temperature:** Avoid extreme hot or cold on your teeth; they may be sensitive. This is normal and may last from a few days to several weeks, gradually improving. We recommend the use of anti-sensitivity toothpastes (like Sensodyne) or concentrated prescription fluoride gels (like Prevident or GelKam).

**Call us:** If you have any further questions or concerns call us.