

Periodontal Therapy Post-op Information

Congratulations on taking one of the first steps of investing in your health.

Today you had periodontal therapy, scaling and root planning. It is an extensive process to remove calculus (tartar) from below the gum line and also to smooth rough root surfaces. You may have had a locally administered antibiotic (Arestin®) placed. Arestin® goes hand in hand with fighting periodontal disease. If Arestin® has been placed, **do not brush your teeth for the first 12 hours after treatment.**

Here is what to expect the first 48 hours:

- Your gums may be sore and appear inflamed. Slight bleeding may occur while brushing. Bleeding should decrease after two to three days.
- Some teeth may be sensitive to temperature.
- The sensation of your bite may be different.
- Slight discomfort generalized throughout your mouth. Tylenol or Ibuprofen may help your discomfort.
- Avoid crunchy foods like chips or popcorn.

For the next 10 days:

- Avoid flossing where the Arestin® antibiotic has been placed.
- Avoid sticky foods like gum, caramel, or taffy.
- Please do not smoke.
- As your gums heal, root surfaces may be exposed. This may result in more open spaces between teeth.

Until your next visit (21 days after treatment):

- Homecare is KEY to the success of this treatment.
- Brush for two minutes with an automatic tooth brush twice daily.
- Floss daily.
- Rinse with one capful Peridex twice per day until bottle is empty.
- Extras: If you desire to continue a mouth rinse, some excellent over-the-counter products include Crest Prohealth and The Natural Dentist. Listerine is also effective, but because it contains alcohol, it is not for everyone, especially those with xerostomia (drymouth). A Waterpik is also very effective, but not as an alternative to flossing.

You will be scheduled every three months for dental cleanings called periodontal maintenance appointments. As long as you keep these appointments, any charges for isolated scaling and root planing will be absorbed into the cost of the cleaning. You may require that Arestin® be placed up to three times per site. Arestin® costs \$30 per site. Rest assured, you will be informed of any additional charges before treatment. When all evidence of inflammation is no longer present, periodontal maintenance every four months is recommended.

You have decided to make the investment to improve your oral health. We will do everything we can to help you, but only you can determine how willing you are to maintain it. We are always here to help you so please feel free to call with any questions or concerns regarding your treatment. Our office number is 727-724-4227. We care about you.