

# POST GUM THERAPY

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## NUMBING

- Different areas of your mouth may have been numbed at your appointment.
- The numbness lasts anywhere from 2-5 hours.
  - If numbness lasts longer than 5 hours, please contact our office.

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## PAIN

- It is normal for your gums to be tender, swollen, sore to the touch after the numbness wears off.
- The tenderness can last up to 7 days but should get better with time.
- Take Ibuprofen or Tylenol as needed for the pain.
  - Follow the instructions on the medicine label for Ibuprofen or Tylenol dosage.
- Teeth can become sensitive to cold, heat, and sweets after the treatment.
  - Clinpro toothpaste can be used to relieve the sensitivity.

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## DIET

- To prevent gum discomfort eat soft foods.
- Avoid foods hot in temperature, spicy, and foods that are crunchy.

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## ANTIBIOTICS PLACED IN GUMS

- The antibiotic is yellow in color, so it is normal if you see a yellowish tint on your gums and teeth.
- Do not floss for 7 days after the antibiotic is placed.
- Do not use a WaterPik for 7 days after the antibiotic is placed.

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## ORAL HYGIENE

- It is important to create good home care habits after your gum therapy.
  - A good home care routine should be discussed with your hygienist.
- Keeping teeth plaque free will improve healing and prevent future infections.

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## SONICCARE TOOTHBRUSH

- With a SonicCare toothbrush you will continue to brush as normal 1-2 times per day once it is comfortable for your gums.



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## WATERPIK

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- Use your WaterPik 1-2 times daily.
- Point the tip of the WaterPik towards the gum line along all your teeth to ensure that it cleans deep within the gum tissues.
- If your WaterPik has a water reservoir, you may add a small amount of mouthwash to the water reservoir.
  - Always be sure there is more water than mouthwash in the water reservoir.

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## CLINPRO

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- Use as your normal toothpaste to brush 2 times a day.
- Use a pea sized amount.
- Do not use other toothpastes while using Clinpro as this will decrease the effects of its sensitivity relief.

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## PERIDEX

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- Swish with 1 capful (15mL) 2 times daily and spit out.
- Wait 30 minutes to rinse with water, use other mouthwashes, brush teeth, or eat after using Peridex.
- Only use Peridex for 2 weeks, even if you have not used the whole bottle.
  - Peridex should not be used for long periods of time because it can cause taste alteration, excessive staining, and increased calculus build up.
- Store at room temperature.

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## RE-EVALUATION

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- We will see you back in a month to re-evaluate your gums and see how they are healing after your gum therapy appointment.

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## PERIODONTAL MAINTENANCE

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- These appointments help maintain and improve your gum health. Your hygienist will continue to monitor your oral health and remove plaque/calculus that has built up since your gum therapy appointment.
- It is important to come in every 3 months to ensure that your gum disease does not become active again.
  - Different length intervals will be decided between you and your hygienist based on your healing and home care.
- You will not need to be numb for these appointments.

