



Patient Instruction Following Non-Surgical Periodontal Therapy

I. Discomfort:

You may experience some discomfort immediately after treatment which is usually associated with mild throbbing or aching and occasionally may be uncomfortable. This usually subsides within a few hours to a few days.

II. Tooth Sensitivity:

Teeth may be sensitive to temperature changes and/or sweets. This sensitivity may initially be intense but will quickly subside.

III. Bleeding:

Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease over two to three days.

IV. Appearance:

Root surfaces may be more exposed as the swelling of the infected gum tissue goes away. This may result in more visible space between the teeth.

V. Instructions to Minimize Symptoms:

A. Diet: Chewing hard foods, such as meat or raw vegetables, may be uncomfortable. This should last no longer than a few days. A diet of softer consistency would be advised until chewing becomes more comfortable.

B. Pain: Ibuprofen may be taken to reduce pain and inflammation.

C. Irritation: Salt water rinses will help promote healing of irritated tissues. 1 tsp. salt to ½ cup warm water, swish ½ solution for 30 full seconds, and then swish the other half for a full 30 seconds.

VI. Oral Hygiene

If gum tissues are tender, brush your teeth gently, but thoroughly; this may take a little more time than usual. By the third or fourth day, normal techniques can be resumed. Talk to your dental hygienist for specific guidelines.

Smithfield Family Dentistry 910 S Bright Leaf Blvd. Smithfield, NC 27577	Ph# 919-934-1333	Fax# 919-934-4748
Creedmoor Family Dentistry 110 W. Church Street Creedmoor, NC 27522	Ph# 919-528-4004	Fax# 919-528-2211
Pittsboro Family Dentistry 987 East Street Pittsboro, NC 27312	Ph# 919-545-9500	Fax# 919-542-0904
Roxboro Family Dentistry 347 S. Madison Blvd Roxboro, NC 27537	Ph# 336-599-1349	Fax# 336-322-3776
Leland Family Dentistry 117 H Village Rd Leland, NC 28451	Ph# 910-371-5664	Fax# 910-371-5667