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COMPREHENSIVE AESTHETIC DENTISTRY  
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### **Post-Op Instructions-Periodontal Therapy**

#### **Anesthetic:**

The length of time that you experience numbness varies, depending on the type of anesthetic you've received. While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours.

#### **Swelling and Pain:**

After periodontal therapy, you may have some discomfort and notice some swelling. This is a common reaction and may last for a few days. You can take Ibuprofen every 6 hours to help reduce any pain and swelling. You may also notice that your teeth may be more sensitive to temperatures, specifically cold. Do not be alarmed, as this should subside within a week. If not, please contact Dr. Dooley so that he may evaluate your particular problem and treat it accordingly.

#### **Rinsing:**

After your periodontal therapy, *gently* rinse your mouth with warm salt water (1/2 teaspoon of salt in an 8 oz. glass of water). You may also be given a prescription mouth rinse Peridex (chlorhexidine) to reduce the inflammation, bleeding and amount of bacteria in the mouth. You should rinse with this twice daily, in the morning and at night, for two weeks. After rinsing, do not rinse with water or any liquid

#### **Adjunct Therapy/ Arestin:**

Sometimes along with your periodontal therapy, we may place a powder antibiotic, Arestin between the teeth and gums where the pockets are deeper. This antibiotic helps kill and reduce the amount of bacteria found in those pockets that brushing and flossing alone cannot reach. After placement of Arestin, you will want to avoid brushing that area for a 12-hour period, as well as postpone flossing and use of an electric toothbrush for 7-10 days.

#### **Oral Hygiene:**

It is important to continue to brush your teeth thoroughly at least twice a day whether manual or electric toothbrush. This will help eliminate the bad breath and unpleasant taste that is common after periodontal therapy.

#### **Medication:**

Dr. Dooley may prescribe medication to control pain and prevent infection. Use it only as directed. If you have prolonged pain, swelling, bleeding or fever, please call Dr. Dooley immediately.

As always, if you have any further questions, please do not hesitate to contact our office.