



Celina Family Dentistry
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Post-Operative Instructions For Gum Therapy Treatment

Most patients experience little or no discomfort after Gum Therapy Treatment.

For those who do experience discomfort, the most frequent complaints are:

- Slight tenderness of the gum tissue
- Teeth may feel mildly sensitive to cold drinks and food
- Discomfort when eating spicy foods

Please do the following to minimize any of these inconveniences:

- Avoid eating spicy foods for several days.
- Avoid really cold liquids and foods for several days
- Use desensitizing toothpaste, such as Crest for Sensitive Teeth or Sensodyne
- Take an over the counter analgesic such as Advil or Aleve after your appointment. You can take the same medication if you have any tenderness of the gums. If you must avoid these analgesics because you are already taking NSAID's, are allergic to them, or you have ulcers, then you may take acetaminophen (Tylenol). Please follow dosage recommendations on the product.
- If we have prescribed Chlorhexidine Gluconate Rinse: rinse 2x a day for 2 weeks, then use 2-3x a week at night. If we did not prescribe you the mouth rinse, you may rinse with warm salt water as often as you wish. Stir no more than ¼ teaspoonful of table salt and ¼ teaspoonful of baking soda into a cup of warm water to use as your rinse solution. This will help sooth any gum tissue that may be tender after gum therapy treatment.

It is important to maintain good plaque control to promote optimal healing after gum therapy treatment. Brush 2x a day and floss every night or no less than 3x a week.

Please call our office if you experience any problems other than those listed above.

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