



## Post Operative Care

### Deep Cleaning / Scaling & Root Planing

Since the teeth and gums are anesthetized and the teeth are cleaned using a combination of ultrasonic & hand instruments, it is normal to experience cold and hot sensitivity after your appointment. Your teeth may even be sensitive to chewing. Your gums will be sore and may bleed.

If you were advised the placement of an antibiotic (Arestin) in the gum pocket, then you should postpone brushing for 12 hours and avoid the use of interproximal cleaning devices (flossing) for 10 days. Also patients should avoid eating hard, crunchy or sticky foods for 1 week.

After the completion of treatment, it is important to follow a good home care regimen which includes regular brushing, flossing, using a mouth rinse (prescription or over the counter). We will put you on a 3 month follow up maintenance protocol to maintain optimal gingival health and to closely monitor the healing process. Failure to comply with the maintenance protocol will likely return your gum condition to the original diseased condition. Regular follow up care will create an environment for the gums and bone to heal and will prevent further destruction.

Periodontal (gum) disease is a silent disease and is the number one reason why patients will end up in a full set of dentures later in life. This is completely preventable if maintained properly. The importance of follow up care cannot be overemphasized.

Thank you for allowing Alderwood Family Dental to care for your dental needs!