



INSTRUCTIONS TO MINIMIZE SYMPTOMS

DIET / EATING

If root planing was performed, 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 advisable until chewing becomes more comfortable.

DISCOMFORT / SENSITIVITY

If a local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Acetaminophen or non-aspirin analgesic should be taken as recommended to reduce discomfort. If tooth sensitivity persists, use desensitizing toothpaste (like Sensodyne) containing potassium nitrate. If the sensitivity is severe and prolonged, professional application of a desensitizing agent may be required.

ORAL HYGIENE

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third to fourth day, normal oral hygiene techniques may be resumed. Mouth rinsing is recommended with either of the following solutions: antimicrobial rinse or warm salt-water rinse. Use of either of these rinses should be limited to one to two consecutive weeks.

SPECIAL INSTRUCTIONS

If symptoms are severe or persistent, please call our office immediately.