

## Periodontal Therapy Post-Op Instructions

**Congratulations on taking the step to a healthier mouth!** The following information may answer some of the questions you have.

### What to expect after you have periodontal therapy (deep cleaning):

- You may notice bleeding from your gums for the next few days.
- Your gums may hurt, be tender, or achy-to touch when brushing.
- Gums may be slightly puffy or swollen.

### What you can do at home to speed up the healing process:

- Warm saltwater rinses every 3-4 hours for the first 2 days, and as needed after that.
  - Recipe: 8 oz. of warm water + 1/2 tsp. of salt. Completely dissolve salt into water.
  - Swish for 60 seconds and spit out the mixture, continue until solution is gone.
- Non-aspirin (Ibuprofen, Tylenol)
- Take up to 600 mg of Ibuprofen OR 500 mg of Tylenol every 6 hours as needed.
- Antibiotics to be used as directed
- StellaLife Rinse
  - Use 2 x day, as directed on box for 2 weeks, then use at night until bottle is empty.
  - Wait 30min to eat or drink after application.
- StellaLife Gel
  - Apply to affected areas up to 5x day
- StellaLife Recovery Kit: Rinse, Gel and Sublingual (under the tongue spray)
- ProBiora
  - Use for at least 30 days after antibiotic therapy
  - Separate probiotic from antibiotic by at least 30 min

### What to avoid after treatment:

- Avoid the following for the following **72** hours:
  - Spicy food, popcorns, nuts, seeds, granola, very hot foods
  - Alcohol & smoking

### When to call us at 12 Oaks Dentistry:

- If you are spitting out a palm size amount of bright red blood or dark blood.
- If you have any questions these instructions do not answer.

### What are the basic goals for gums after Periodontal Therapy?

- Be infection free, NO bleeding when brushing, flossing, or getting a cleaning.
- Bleeding = INFECTION
- Gums to be uniform color of generally pink. Red gums = INFECTION
- Measurements we take around each tooth to go down in number. Healthy and infection free
- Gums measure 1-3. The higher the number, the greater the chance you will begin to OR continue to lose jaw bone!
- For you to maintain your healthy gums at home.

### What's the next step at 12 Oaks Dentistry once you have a deep cleaning?

- 8 weeks- 3 Months after your deep cleaning, you will return and new gum measurements will be taken.
  - Check if there is active infection (bleeding)
  - At this appointment it will be discussed how often it is recommended you come in for maintenance.

### Special Instructions:

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