

CENTRE FOR DENTAL EXCELLENCE

THOMAS P. DUNHAM D.D.S.
2008 General Booth Blvd., Suite A.
Virginia Beach, VA. 23454
(757) 427-7130

CARE FOLLOWING PERIODONTAL THERAPY

It is possible that your gums will be tender for a day or two following treatment. This is normal and due to the tissue manipulation during the periodontal procedures. Keeping your mouth plaque free by gently brushing and flossing will help speed the recovery process and will also help insure against further periodontal treatment in the future. A Sonicare toothbrush is strongly recommended for maintaining control of periodontal disease. Rinsing out with a warm salt water rinse (one-half teaspoon of ordinary table salt in one glass of comfortable warm water) will aid healing. Whatever you normally take for a headache- Tylenol or Ibuprofen- may be taken for any discomfort and also acts as an anti-inflammatory. Some temporary root sensitivity to cold liquids or cold air may be experienced as the gum tissue heals. This will tend to get better with the use of any sensitivity toothpaste and a concentrated fluoride application. A soft diet is recommended for 24-48 hours after the procedure. Avoid spicy and hard crunchy foods, i.e.: peanuts, popcorn, hard veggies, and crusty breads.

If you have any questions or concerns, don't hesitate to call our office at (757) 427-7130.

Thomas P. Dunham D.D.S.