

POND SQUARE DENTAL

Aftercare instructions for non-surgical periodontal treatment:

- Take painkillers as needed. You can take either paracetamol or ibuprofen or a combination of both if you are experiencing major discomfort or swelling. Do not exceed the recommended daily dose of either analgesic.
- A little oozing of blood may occur for the first 24 hours following treatment. (Avoid vigorous rinsing).
- You may experience generalized sensitivity of your teeth, roots or gums following treatment, this can last up to 2 months. It generally improves each week particularly you are meticulous with your homecare hygiene.
- Following treatment avoid regular brushing for 24 hours. If you find an area is sore to brushing you can leave the site for a further 24 hours.
- Do not carry out interdental brushing for approximately 72 hours.
- You can use a mouthwash during the healing period following non-surgical treatment. I would recommend either curasept, curaprox or peroxy mouthwash. You can use any of these or even saltwater on the same day of treatment but be gentle with swishing for the first 3-4 days. These mouthwashes are not recommended for long-term use but for the first 2 weeks or so following treatment.
- It is advisable to eat soft foods for the first 3-4 days. Avoid crunchy and foods with seeds, nuts which can irritate the initial healing of the gums.
- Once the gums have settled following the treatment it is paramount you carry out meticulous brushing twice a day, including interdentals daily. The mechanical action of the regular toothbrush and interdentals are paramount in arresting inflammation. You may notice bleeding when you initially begin brushing as instructed but the gums will cease bleeding after a week or so. You should be persistent with the brushing and the gums will eventually stop bleeding and become healthy.
- Your interdental brushes should provide a snug fit between the teeth or if the brush feels loose or gaps feel bigger during the healing process you should adapt and increase the size of the brush. This recession which occurs is a part of the healing process.

LOVE YOUR SMILE