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## Post-Operative Instructions Following Periodontal/Gum Therapy

You have had periodontal therapy consisting of scaling and root planning today. The following are instructions to help make you more comfortable afterwards and make your treatment as successful as possible.

1. It is quite rare to have a high level of discomfort after treatment. Generally, any discomfort you experience should be able to be controlled by over-the-counter pain relief medications (Tylenol, Advil, etc.) Take the recommended dosage stated on package for any medication if you find these products do not control your discomfort, please call the office.

2. You may experience bleeding when brushing and flossing for about 7-10 days after the appointment as the diseased gum tissue goes through the initial healing process.

3. Things to avoid:

- \*Alcohol – containing products (i.e. Listerine) for 24 hours.

- \*Spicy, sharp, crunchy foods for 48 hours.

- \*Waterpik or floss around the area treated for the next 3 days.

- \*Popcorn, seeds or husks for 3-5 days.

4. Rinse with saltwater as needed to soothe the gums.

5. We strongly recommend use of an electric toothbrush for our periodontal patients. There are several good choices on the market.

6. Your **follow up cleaning** (interval to be determined by your provider) is critical to maintain your periodontal health. The decisions for any additional periodontal therapy will be made at that time.

7. Your next cleaning will be billed to insurance as a periodontal maintenance which could be subject to a deductible or out of pocket cost depending on coverage.