

# Eggert Family Dentistry

[www.eggertfamilydentistry.com](http://www.eggertfamilydentistry.com)

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## Instructions after Periodontal Therapy, Scaling and Root Planing

To help reduce or prevent tooth sensitivity and gum irritation and to promote the healing process, practice thorough plaque removal techniques on a daily basis by brushing, flossing, and by using any additional tools recommended by our team.

Slight discomfort in the gum tissues and increased sensitivity with the teeth is a common part of the healing process after periodontal therapy. This may last a few days or many weeks, depending on your personal situation. For this discomfort, try warm salt water rinses (8 oz of warm water and 1 teaspoon of salt) 2-3 times daily for 3-5 days after treatment. Taking an over-the-counter pain reliever like ibuprofen or Tylenol as directed will also help.

If recommended, use Listerine or the prescription mouth rinse as directed.

Be sure to keep your 3 month cleaning appointment with us. This appointment is very important in evaluating how your tissues have responded to the therapy and for us to review the plaque removal techniques unique for your success. Occasionally, we will recommend the placement of antibiotics to increase your treatment success.