

Periodontal Treatment: Post-operative Instructions

Thank you for trusting us with your periodontal care. To help ensure a smooth recovery and optimise healing after your scaling and root planing treatment, please follow these instructions carefully:

1. Pain and Discomfort

- It is normal to experience mild discomfort, sensitivity, or soreness in the gums for a few days following the procedure.
- You may take over-the-counter pain relievers such as ibuprofen (e.g. Advil) or paracetamol (e.g. Panadol) as directed on the label to help alleviate discomfort.
- Avoid chewing on the treated side(s) for the rest of the day to minimise discomfort and to prevent accidental biting of the lips, cheeks or tongue whilst you are still numb.

2. Bleeding

- Minor bleeding or pinkish saliva is common after treatment and should subside within 24–48 hours.
- If you notice any prolonged or excessive bleeding, gently rinse your mouth with cold water or place a damp gauze on the bleeding area and apply gentle pressure for 15 minutes.
- Avoid rinsing your mouth vigorously, as this may disturb the healing process.

3. Swelling

- You may experience mild swelling in the gum tissue, which should go down within a few days.
- Applying a cold compress or ice pack to the outside of your face near the treated area (10 minutes on, 10 minutes off) during the first 24 hours can help reduce swelling.

4. Oral Hygiene

- Even if there is discomfort, you **must** brush and floss the treated areas on the day of the procedure.
- Use a soft-bristled toothbrush and avoid vigorous brushing, as your gums may be sensitive.
- If prescribed, use any recommended mouth rinse (such as chlorhexidine) as directed to prevent infection and support healing. Do not rinse with water immediately after using a medicated rinse.
- Avoid using any alcohol-based mouthwashes for at least a week, as they can irritate sensitive tissue.

5. Eating and Drinking

- Wait at least 2 hours before eating to allow the anaesthetic to wear off completely to avoid accidentally biting your lips, cheeks, or tongue.
- Avoid hot, spicy, acidic, and hard or crunchy foods (like chips, nuts, and seeds) for a few days. Opt for softer, cool foods like yogurt, smoothies, scrambled eggs, and soups.
- Limit sugary foods and drinks to help avoid irritation and bacterial growth around the healing gums.
- Drink plenty of water to stay hydrated and support healing.

6. Smoking and Alcohol

- Avoid smoking and drinking alcohol for at least 48–72 hours after treatment, as they can delay healing and increase the risk of infection.

7. Sensitivity

- Your teeth may feel sensitive to temperature changes or sweets for a few days to weeks following treatment.
- Use a toothpaste designed for sensitive teeth, such as Sensodyne, to help manage this. Avoid whitening toothpaste during the healing period, as it can be abrasive and worsen the sensitivity.

8. Follow-Up Appointments

- It's essential to attend any follow-up appointments as recommended by your dentist or hygienist. These visits allow us to assess your healing and provide further cleaning and maintenance if necessary.
- Regular periodontal maintenance visits will be scheduled every 3–4 months to help maintain the health of your gums and prevent further issues.

When to call us:

If you experience any severe pain, excessive bleeding or sensitivity, or any other unusual symptoms that are not improving, please don't hesitate to contact our office. Your comfort and healing are our top priorities, and we're here to help.

You may reach us during normal business hours, or if you have an emergency when our offices are closed, please visit the emergency department of your local hospital.