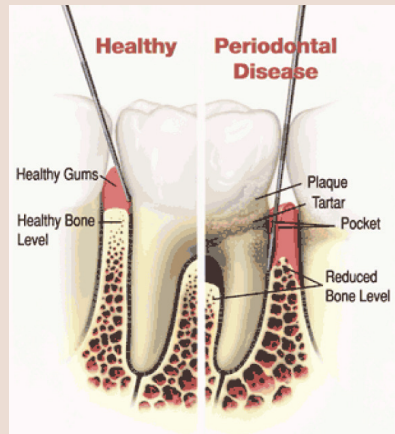


Periodontal Treatment



More teeth are lost to Periodontal Disease than any other dental condition.

Periodontal (gum) disease is caused by a bacteria that is specific to gum tissue. This same bacteria has been linked to heart disease, stroke and pneumonia, diabetes and pancreatic cancer. If left untreated, periodontal disease can lead to tooth loss and health risks. Periodontal disease can affect one tooth or many teeth. For these reasons, we consider Periodontal disease to be a serious condition.

Many factors contribute to periodontal disease, but once a person has been diagnosed with the condition, a lifelong strategy of care is usually necessary. Many people who have been through Scaling and Root Planning (deep cleanings) often require more frequent maintenance visits to their dentist. A more extensive regimen of home care is recommended.

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POST OPERATIVE INSTRUCTIONS

You have just completed a deep cleaning on your gums. The following information will help you understand what to expect in the next few days and tell you how to take care of your mouth.

GENERAL INSTRUCTIONS

Discomfort: It is normal to experience some discomfort for a few days following your cleaning.

Medication: If you experience discomfort, we recommend 400- 800mg of Ibuprophen (Motrin).

Rinse: Rinsing 4-6 times a day with warm salt water will speed the healing process. (1 teaspoon salt: 1 cup warm water)

Antibiotics: If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Relax: We recommend that you avoid strenuous activities for the first 24 hours.

Foods: You should be able to resume a normal diet after the anesthesia wears off. Eating while you are numb may cause you to chew on your cheek or tongue. No seeds (strawberries, poppy, popcorn etc) until tomorrow. Avoid spicy foods.

ORAL HYGIENE CARE

Cleansing of your mouth and gums is critical to obtaining the best possible results from your deep cleaning.

Begin this regimen on the second day:

Morning: Brush your teeth with regular toothpaste and your sonic toothbrush.

Evening: Brush your teeth using your sonic toothbrush and toothpaste. Gently floss around all areas that have had laser therapy.

After 3-5 days:

Morning: Brush your teeth using your sonic toothbrush and toothpaste.

Evening: Brush your teeth using your sonic toothbrush and toothpaste. Using your Water Pic, irrigate with warm water. Place the Water Pic wand parallel to your teeth and walk wand around your mouth, one tooth at a time ... filling up the tank once for the upper arch and once for the lower arch. Pay special attention to the pockets between your gums and your teeth. Do not eat or drink for 30 minutes.

After Two Weeks: Continue irrigating with your Water Pic. Begin flossing daily. Begin using the Prevident Boost every evening. Brush 2-3 minutes and don't rinse with water after you spit this out and nothing to eat or drink for 30 minutes.

Questions: Call Amanda or Chris at 719-488-2292