

Information following:

Post-Periodontal Treatment

Discomfort

You may experience some discomfort due to swelling. Tissues may feel bruised, and slight bleeding may also be expected for approximately 24 hours. Pain may be mild to moderate. You can take 2 tablets of over-the-counter 200mg Ibuprofen every 6 hours, as needed for pain, unless your medical doctor has advised you that NSAIDs are contraindicated. Most of the time the Ibuprofen will control the discomfort. If not, please call our office and we will be happy to assist you. Bleeding is normal, however if the bleeding becomes heavy or constant, please call our office.

Rinsing

Rinse frequently with warm salt water for the first 7 days after periodontal treatment, which will help with pain and swelling while acting as an antiseptic. Also, be sure to rinse with the bottle of Peridex, morning and evening, for 45 seconds to 1 minute. Continue Peridex rinses until the bottle is gone, without missing a day. This will help to reduce the amount of bacteria present in the mouth.

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Oral Hygiene

After the first 24 hours, meticulous oral hygiene should be resumed in all areas of your mouth. The cleaner that your mouth is kept, the quicker and more comfortable the healing will be. Be gentle, but it is essential to do a thorough and complete job with your brushing and flossing.

Diet

Eat whatever you feel like eating. However, you may want to consider avoiding acidic foods, such as pizza, orange juice and Ketchup, which may cause some discomfort. Eating a good nutritious diet, along with drinking lots of water, will help you heal faster and feel better.

Questions

Occasionally, minor complications can occur. Please do not hesitate to call our office if you have any questions. We are happy to help you in any way that we can.