

# Periodontal Therapy (Quad Scaling and Root planing)

## Post-Operative Care

The first two weeks following your treatment is critical. Healing gum tissue is susceptible to bacterial (germ) growth. Your teeth need to be cleaned thoroughly twice a day, to keep the bacteria under control. If plaque bacteria are present for 24 hours, it forms a more tissue destructive bacteria family. Your homecare is critical to the success of periodontal treatment.

- Be careful eating until the anesthetic wears off
- You may rinse your mouth with warm salt water any time
- You may take ibuprofen for any tenderness that may follow your treatment
- Your teeth may be sensitive to hot and/or cold
- Over time sensitivity will usually improve, to reduce this, use desensitizing toothpaste such as Sensodyne
- Fluoride rinses are also beneficial in reducing sensitivity
- If you have been prescribed Periostat (Doxycycline), take as directed

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