



## **Periodontal Therapy Homecare**

*Please do not hesitate to call our office with any questions and/or concerns.*

**(701) 280-1941.**

*Regular periodontal maintenance (cleanings) & exams are critical to improving the health of your gums. The more time you spend on the care of your teeth & gums, the faster you will improve the health of your mouth.*

- Tenderness is normal. To reduce tenderness and promote healing, rinse with warm salt water (1/2 teaspoons salt to a 4 ounce glass of warm water) 3-4 times per day for three days.
- Ibuprofen (Advil or Nuprin) or Tylenol may be used for discomfort, as directed on the bottle.
- Tooth sensitivity is normal and temporary. You may use desensitizing toothpaste, such as Sensodyne, for sensitivity relief.
- Gently massage your gums to increase circulation and promote healing.
- Brush the gum line gently, as you've been shown, with a soft toothbrush at least two times daily. You may notice bleeding of the gums as you brush and floss. This symptom should gradually diminish in about a week.
- Floss, as you've been shown, at least once daily.