

Take Home Instructions:

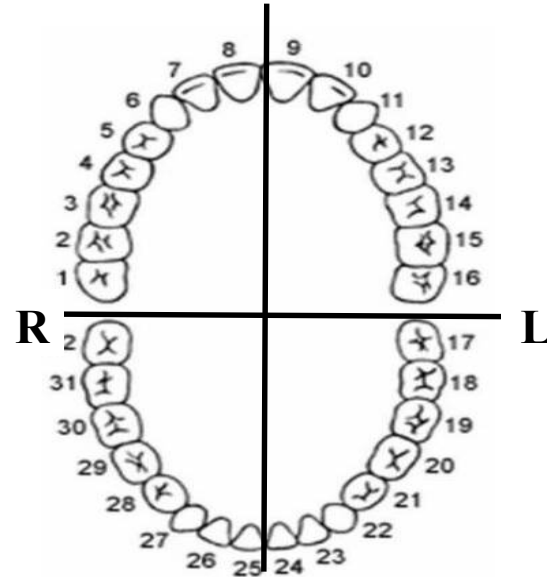
Periodontal Debridement or “Deep Cleaning”

Periodontal debridement is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line, which is causing bone loss.

The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection that causes gum disease.

To minimize discomfort and help with healing, please follow these instructions:

- Brush your teeth with a soft toothbrush at least twice a day.
- Use dental floss at least once a day.
- Slight bleeding is normal as the tissues start to heal.
- Slight swelling of the area is not unusual.
- To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water. If you are prescribed Peridex/Chlorhexidine, use as directed.
- You may take a non-aspirin pain reliever for any tenderness or discomfort. Take Ibuprofen, (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
- Avoid smoking 7-14 days following the deep cleaning procedures, as smoking will delay the healing of your gums. In addition, please strongly consider quitting smoking.
- You may experience some cold sensitivity, this is normal. Any sensitivity should gradually go away in a few weeks. If needed, you can use desensitizing toothpastes, such as Crest Sensitivity, Colgate Sensitive Pro-Relief, or Sensodyne. Avoid toothpastes with “whitening” or baking soda, as this will increase the sensitivity.
- Your gum health must be maintained with proper homecare as instructed, and regular dental visits!



Additional Notes from your Hygienist:

If you have persistent discomfort or swelling that occurs after your appointment, contact Cascade Family Dental for instructions as soon as possible.