



WHAT TO DO AFTER ROOT PLANNING / PERIODONTAL THERAPY

To aid in this healing process, an **antibiotic** may have been prescribed. Please get this prescription filled and take it through completion.

Rinsing with warm salt water is very beneficial. Use the warmest water that you can stand and 1 teaspoon of salt. Rinse for at least 30 seconds with this warm salt water and do this five to seven times per day. If you smoke, please rinse up to 10 times per day.

Remember to **brush at least twice per day**, especially before bedtime, and keep up on your flossing. Flossing is NOT optional; it is a must for proper healing. Some slight bleeding is normal when brushing and flossing for a few days after this appointment. Continue to brush and floss as directed.

Please use **sensitive toothbrush and sensitive toothpaste** for 10 days after today's appointment, if recommended. If an additional mouth rinse, toothbrush, toothpaste or dental adjuncts were recommended or prescribed, please do so as directed.

You may eat and drink as you feel comfortable after the numbness has worn off, however, keep in mind that you may be numb for up to 3 hours after this procedure is performed. If our needle-less anesthetic **Oraqix** was used, you may experience numbness for only 30 minutes after the initial dosage was administered. It is normal to have **sensitivity for a few days with extreme hot and cold foods.**

You may experience some minor discomfort when the numbness wears away. If this occurs, you may take **Ibuprofen**. Remember not to take this on an empty stomach as you may feel some nausea.

Before leaving, be sure you have your **next appointment(s) scheduled** so that we may work together to stop the periodontal disease from causing more destruction and aid you in your overall healing. **A periodontal maintenance appointment** will be scheduled after all the root planning is complete. This appointment is essential to the health of your mouth to make sure you are healing well and that all deposits have been efficiently removed. We will also re-probe the entire mouth and see what changes have occurred. In addition, we will be checking your oral hygiene and establishing recare interval with you to ensure the maintenance of the periodontal disease. If your oral hygiene has not been optimally maintained, another full mouth root planning appointment will be required and NOT covered by your insurance company. It is in your best interest to start maintaining your oral health starting today!

Periodontal disease is best maintained through regular periodontal maintenance appointments. These appointments will be scheduled every 3 – 4 months based on Dr. Angart and your dental hygienists recommendations. We are committed to you and the health of your mouth. Please feel free to call with any questions or concerns that you may have regarding the treatment that was done today or the treatment that is recommended for you in the future.

PATIENT NAME (PRINT)

PATIENT/GUARDIAN SIGNATURE

DATE

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