



## **SOFT TISSUE MANAGEMENT HOME CARE INSTRUCTIONS**

### Oral Hygiene

Your own oral hygiene will determine the type of healing response that occurs in your mouth. On the day of root planning gently brush around the gum line. Start flossing the day after the procedure is done. Tenderness when brushing and flossing may last for several days. Thorough plaque removal must be accomplished and will help reduce tenderness and sensitivity, as well as maximize healing. Start using any prescribed rinses immediately after the procedure.

#### 1. Diet

Maintaining an adequate diet is essential to ensure proper healing. A few examples of nourishing yet softer foods are: eggs, soups, cheese, pasta, etc. Avoid crunchy foods such as popcorn, nuts, chips and foods with small seeds. These foods can get lodged between the gum and the tooth, delaying healing.

#### 2. Smoking

Smoking and the heat it produces can irritate the gums, retarding the healing response. It is advisable not to smoke for a few days following root planning in order to ensure proper healing.

#### 3. Oral Rinse (Perio Guard)

During the Soft Tissue Management Program it is imperative that patients rinse with this solution for 30 seconds twice per day. **DO NOT EAT, DRINK OR RINSE FOR 30 MINUTES AFTER EACH TREATMENT.** Once the Soft Tissue Management Program is completed continue rinsing for 30 seconds twice per day for one week and then as needed.

The majority of patients experience an uneventful postoperative healing period, yet please be aware of the following potential side effects:

#### 1. Bleeding

Slight bleeding and tissue irritation following root planning for the first or second day is not unusual. Bleeding will be expected, but will subside in 7-10 days. After flossing, rinse with a mouthful or two of warm salt water. (About one tablespoon of salt in a cup of water--stir until dissolved). The dentist may alternately prescribe you an antibiotic rinse. Rinse thoroughly around teeth and gums – **DO NOT GARGLE.** In 3 to 7 days, the inflammation in the gums will subside and you may stop rinsing with the salt water, but may continue with the prescribed rinse.



## 2. Tooth Sensitivity

Varying degrees of root sensitivity following root planning may occur. This can result from exposure to cold and/or hot air and liquids, sweet, salty, spicy, and/or acidic foods as well as mechanically from brushing and flossing. For most individuals this sensitivity will last a few weeks before gradually subsiding. Remember that removing all plaque from the tooth surfaces will help reduce sensitivity. Please let us know if sensitivity is a problem and we will dispense special desensitizing products that will insulate the tooth surface and gradually eliminate the problem.

## 3. Gum Sensitivity

Discomfort following root planning varies from patient to patient. Usually Ibuprofen or acetaminophen (Advil, Motrin, Tylenol) taken as directed will relieve any discomfort. Warm salt water rinses (1 tsp. salt/ 8oz Water) every 3 to 4 hours the first few days will aid in healing irritated areas. If pain is persistent or excessive, please contact our office immediately.

**\*\*If you notice any of the following symptoms: persistent and/or excessive swelling or bleeding, jaw stiffness, pus drainage, or a bad taste, please contact us at 416-488-7454 or Dr. Queiroz at (647) 285 7528 after business hours.**