

Post Op Instructions: Periodontal Therapy

Anesthetic

- When anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Lip and gum numbness may last for up to 5 hours from when the anesthetic was given.
- Avoid chewing until numbness has completely worn off to avoid biting or burning your tongue or lips.
- It is normal to be sore in the site of injection for several days.

Discomfort

- After your appointment, it is **NORMAL** to experience soreness at the injection site, gum tenderness, and mild sensitivity to temperature.
- You may take over the counter non aspirin pain relievers (such as ibuprofen or acetaminophen) for tenderness or discomfort.
- Your gum around the tooth may be sore from the procedure for a few days. Rinse with warm salt water every 2-3 hours as needed. To make warm salt water, mix 1/2 teaspoon salt with 1 cup **WARM** water.
- Please let us know if you have severe unprovoked pain, pain that wakes you up from sleep, pain that lasts more than 3 days, or pain that is getting worse. Our office number is **970-472-0488**.

Cold Sensitivity

- If you have lingering cold sensitivity, you can use over-the-counter sensitivity toothpaste such as Sensodyne, Crest Sensitivity, or Colgate Sensitive Pro-Relief.
- If you prefer to avoid fluoride, we can treat your teeth in office with topical ozone gas.

Oral Hygiene

- **BRUSH TWICE PER DAY**
- **FLOSS ONCE PER DAY**
- **WATERPIK ONCE DAILY**
- **USE HYDROXYAPATITE TOOTHPASTE SUCH AS RISEWELL OR BOKA**