



# FAMILY, IMPLANT & COSMETIC DENTISTRY

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## YOUR CUSTOM HOME CARE REGIMEN FOLLOWING SCALING & ROOT PLANING

**CONGRATULATIONS!** You have completed initial treatment for your periodontal condition. Since gum disease is a major cause of tooth loss, let us review some important points. Just like tending a garden, routine care will secure the continued health of your smile.

Here are some basics you'll want to keep in mind:

- Try to consume only water between meals.
- Avoid foods high in sugar like sodas, hard candy and mints as well as frappuccinos, flavored coffees!
- Be sure to brush immediately after consuming these kinds of foods.
- Bleeding gums are NOT normal. Bring any areas of concern to our attention.
- Bacteria can begin to do damage in 24 hours; daily care is a must!

Each patient has a unique set of teeth. We've discussed several methods and tools for caring for your smile. Let's review:

- Brush 2-3 times per day
- Electric toothbrush (Rota-Dent)
- Floss daily
- Use a floss threader for cleaning under and around bridgework
- Interdental cleaner (Sulcabrush) for areas like: \_\_\_\_\_
- Irrigators
  
- Mouthwash/Rinse: \_\_\_\_\_
  
- Other: \_\_\_\_\_

We at Family, Implant & Cosmetic Dentistry are committed to helping you stay healthy. I am happy to answer any questions you may have about your dental health.

We identify periodontal breakdown by obtaining three measurements: PLAQUE, BLEEDING, AND POCKETING. PLAQUE contains the bacteria that cause the infection. BLEEDING indicates infection in progress. POCKETING shows the amount of bone destruction that has already occurred.

This root planing and scaling, along with your careful home care, will stimulate healing of the gum and bone infection. If the healing is incomplete, additional steps may be necessary. We will carefully re-evaluate your periodontal condition at the appropriate intervals.

Please remember that your thorough home care, especially flossing, is the best way to control periodontal disease and to promote healing.

Another important step in maintaining periodontal health is to return to our office to receive regular preventive treatments. This consists of periodontal maintenance, a close check on home care, and an examination of the status of the gums. Any minor problems that might be starting are cared for at this time. We usually like to see our patients every three months after periodontal therapy.

**Discomfort or minor pain:**

Over the counter anti-inflammatories such as ibuprofen (Advil, Motrin) or naproxen sodium (Aleve) tend to work best for mild discomfort. If pain is more severe, taking Tylenol (acetaminophen) every four hours, in addition, should provide adequate pain relief. Mild discomfort may last up to several days following the procedure. If discomfort continues, please call our office. You may swish with warm salt water to sooth the gum as needed. Mix 1 cup warm water with ½ teaspoon salt and swish gently. Avoid taking medication on an empty stomach.

**Diet:**

A softer diet is recommended for the first 24 hours. Avoid eating crunchy, hard or sticky foods for ten days if Arestin was placed. Do not eat until the anesthetic has worn off to avoid biting your tongue or cheek. You may drink, but avoid hot liquids while numb, so as not to burn yourself.

**Oral Hygiene:**

Gently brush and floss as instructed before bed. If Arestin has been placed, do not brush the treated area for 12 hours and do not floss the treated area(s) only for 10 days unless otherwise instructed.

**Sensitivity:**

It is common to have tooth sensitivity after periodontal therapy. This is actually a sign of healing. You may have been given prescription strength fluoride toothpaste (Control Rx, Pro-Den Rx) for sensitivity. Use as directed. If you were not given a sensitivity product, and sensitivity does occur, feel free to call the office.