

## **Periodontal Treatment – Home Care**

- The gums and ligaments around the teeth (periodontium) will be quite sensitive for the first few days, and this can last up to a week.
- The teeth can be sensitive to hot, cold and pressure as the roots may be exposed. For teeth that are persistently sensitive, a “sensitive” toothpaste (Oral B, Colgate Pro-Relief) is advised. After brushing, leave the toothpaste on the teeth and only rinse off the tongue to allow the paste to stay on the teeth.
- Bleeding from the gums is likely with flossing or brushing for the next week or so due to the healing period. However this will subside with healing.
- Halitosis (if evident) will also subside with healing.
- Floss once a day before brushing at night. Use interdental brushes (piksters, TePe brushes) as directed
- Always use a soft toothbrush, whether it be electric or handheld.
- Remember to maintain the continuing care appointments! You will stop needing this when you stop using your teeth!

Warmest Regards,  
Dr. Fern T White