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### **Patient Instructions Following Debridement**

Following a debridement you can expect to notice less redness, less bleeding, and less swelling of your gum tissue within a week to 10 days. Your gum health can then be maintained with proper home care and regular professional care.

#### ***DISCOMFORT / PAIN***

Discomfort or pain should not be acute and should subside in a few hours to a few days. Discomfort immediately after treatment is usually associated with slight throbbing or aching and may be uncomfortable. This usually subsides in about four hours. Any discomfort due to brushing should get better in one to several days. Ibuprofen or acetaminophen can be used according to packaging directions.

#### ***TOOTH SENSITIVITY***

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be intense for the first several days and usually diminishes quickly. We do recommend using Sensodyne toothpaste (non-whitening) to brush teeth if sensitivity is experienced. After brushing with Sensodyne apply a small amount to the sensitive areas and leave on the root structures.

#### ***BLEEDING***

Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease over one week to 10 days.

#### ***APPEARANCE***

Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more space between teeth. Small brushes can be used to clean these areas.

#### ***INSTRUCTIONS TO MINIMIZE SYMPTOMS***

**DIET/EATING:** If an extensive debridement was performed, chewing hard foods, such as meat or raw vegetables, may be uncomfortable. This should last no longer than a few days. A diet of a softer consistency would be advised until chewing becomes more comfortable.

**DISCOMFORT/ PAIN/ SENSITIVITY:** If a local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Acetaminophen (Tylenol) or an anti-inflammatory (Advil/Motrin) should be taken as needed to reduce discomfort. If tooth sensitivity persists, use a desensitizing toothpaste containing potassium nitrate (Sensodyne.) If the sensitivity is severe and prolonged, a professional application of a desensitizing agent may be required.

#### ***HOME CARE***

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third or fourth day, normal oral hygiene techniques can be resumed. Mouth rinsing is recommended with a warm saline rinse (1 cup warm water & 1 tsp. salt.) The warm salt water rinse should be done for 1 minute. This rinse is gentler to the tissues than commercial rinses. Commercial rinses can be used after 10 days. The use of C-PAP or Night Guard appliances should be continued as directed, unless otherwise noted.

#### ***OTC PAIN MEDICATION REGIMEN:***

**Take 3 Advil (200 mg Ibuprofen) taken with 2 Regular Strength Tylenol all at the same time, taken every 6 hours for up to 72 hours**

#### ***SPECIAL INSTRUCTIONS TO PATIENT***

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If symptoms are severe or persistent, or if an abscess (gum boil) should appear, please call the office immediately.

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