

## After Care for Gum Infection Therapy

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Pain and discomfort following the treatment can be acute but should lessen within a few days.

Your teeth may be sensitive to extreme temperature and sweet items. Stick with warm meals and drinks until the sensitivity reduces.

Minor bleeding may occur while brushing but it will stop after two or three days. Avoid hot meals for a while. If the bleeding continues, put pressure on the area with a moistened tea bag or gauze. Keep it there for about 20 minutes. If the bleeding does not cease after 48 hours, call the dental office as soon as possible for more instructions. As the inflammation reduces, the root surfaces may be exposed further, creating more gaps between the teeth.

### ***Tips for minimizing the symptoms***

If the gum infection therapy (scaling and root planning) were extensive, you might feel pain while chewing hard foods such as meat or raw vegetables. This should stop after a few days. You should stick with a softer diet until chewing becomes more convenient.

After the numbness wears off, you can resume your regular diet. Avoid sticky, hard (popcorn, nuts, ice cubes, chips), acidic, spicy, brittle or highly seasoned foods. Foods such as pasta, scrambled eggs, soups, macaroni, mashed potatoes and cheese are preferable. Consume nutritious food and stay sufficiently hydrated. You should avoid smoking for at a week or two after the procedure because that could delay healing considerably.

If the dentist used local anesthesia, avoid chewing until the numbness stops to prevent injury to your cheek or tongue. You can take acetaminophen or non-aspirin analgesic to relieve discomfort. If the tooth sensitivity persists, you can get a desensitizing toothpaste, like Sensodyne.

### ***Oral hygiene***

If the gum tissues are inflamed, brush gently and thoroughly until your gums feel normal again. You can start your normal oral hygiene routine after three or four days.

### ***Rinse***

Prescribed *Chlorhexidine gluconate* oral rinse Instructions: Rinse with 1/2 ounce (15ml) twice a day (after breakfast and at bedtime) for 30 seconds, and then spit it out. Do not use it for more than a week in a month.