

**SCALING/PERIODONTAL CLEANING WITH FREEZING OR WITHOUT FREEZING
AFTERCARE INSTRUCTIONS**

Thank you for coming in to the office today. Below is a list of commonly asked questions regarding your procedure. We hope the answers will put your mind at ease however, if you have any further questions please feel free to call us at the office at (705) 752-4221.

How Long Will I Be Numb?

Your lips, teeth, cheek and /or tongue may be numb for several hours after the procedure. To prevent injury, you should avoid any chewing and hot beverages until the numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

Is It Normal For My Gums Or Jaw To Be Sore?

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with saltwater can help alleviate the discomfort. Injections sites can be sore for several days after your appointment. Over-the-counter pain medications work well to alleviate the tenderness.

Is It Normal For My Gums To Bleed When I Brush & Floss?

You may encounter some bleeding while brushing and flossing. It is important to continue gentle brushing with a soft toothbrush & flossing even if bleeding occurs. As healing progresses, the bleeding will gradually reduce or disappear.

Why Do I Now Have Spaces Between My Teeth?

After removal of plaque and tartar buildup, it is common to have spaces between your teeth and gum tissue. Some spaces may appear as “black triangles” near the gum area, whereas other spaces may separate the teeth. Flossing and brushing regularly will keep the spaces from building up with plaque and tartar.

Is It Normal For My Teeth To Be Sensitive?

Normal healing results in some tissue tightening and shrinkage, which may expose more tooth structure; leading to sensitivity to cold, hot or sweets. This is a common side effect and usually diminishes with time.

Can I Do Anything For My Sensitivity?

Continue to brush & floss to remove plaque bacteria that produces acids which contributes to tooth sensitivity. Brushing with “sensitivity toothpaste” will help alleviate the sensitivity over a 2-4 week time frame. If the sensitivity lasts longer, contact the office and special fluoride rinses or toothpaste may be prescribed.

Continuing Care

We will recommend the time frame of your subsequent periodontal cleanings, called periodontal maintenance or supportive periodontal therapy. These cleanings usually are performed 3-4 times per year and are important to prevent reinfection and possible tooth loss.

**IF YOU HAVE ANY ISSUES OR CONCERNS, PLEASE DO NOT HESITATE TO CALL THE
OFFICE.**