

## ADVICE AFTER PERIODONTAL TREATMENT

These notes are to help minimise any discomfort after the treatment you have had carried out and to encourage the best possible healing.

1. In all cases there will be some swelling and discomfort when the local anaesthetic wears off. This is normal and the discomfort is best controlled using an anti inflammatory analgesic such as Neurofen taken at the rate of 2 tablets three times a day for three days. If you react to any aspirin based analgesic or are an asthmatic this should be avoided and it is better to use Paracetamol. In addition hot salt mouthwashes made up of one teaspoon of salt per tumbler full of boiled water, which has been allowed to cool to mouth temperature and rinsed around the area acts as a soothing and cleansing agent.
2. It is important that you keep the treated area as clean as possible during healing. You should therefore use all the cleaning aids that have been demonstrated to you by the hygienist from the beginning unless stitches have been used in which case you should obviously keep clear of this area.
3. The use of Corsodyl mouthwash will control bacterial growth in any areas that cannot be adequately cleaned with a brush, such as the area around the stitches. Corsodyl should be used 3 times a day. Do not rinse out afterwards. If you use the Corsodyl after you have cleaned your teeth then staining around the other teeth is reduced as far as possible. We can remove any staining at the end of the treatment.
4. If stitches have been used be especially careful not to catch these with a brush and if packing material has been placed around the teeth please try not to dislodge this. If the packing material should come adrift in the first five days or so please contact us. It may be necessary to replace it.
5. In some cases a Goretex membrane is sutured under the edge of the gum or we may have used a bio active glass material. If the edge of the membrane becomes visible as a white line or if grittiness is felt due to excess glass material being shed please do not be concerned.
6. Try to maintain a normal diet but avoid particularly hard or fibrous foods in the areas treated. If your normal diet should prove difficult do not hesitate to use a vitamin supplement, as this will help the healing as well.
7. If you have any concerns please do not hesitate to contact me via the practice phone number. Our out of hours emergency contact is given on our answerphone on the practice phone number when reception is closed.