

Periodontal (Gum) Home Care

The surgical procedures performed on your gums require direct care for proper healing. Following these instructions will allow for better results and less complications.

Prescribed medications are to be taken explicitly. They benefit the healing process. Rinses, injected antibiotics, prescribed medications and toothpastes may be indicated for your improved health.

Bleeding – some seepage of blood is expected about surgical wounds. This is greatly reduced with the use of a laser. Cold water application is the best home method to reduce this seepage. Place iced water in your mouth, as it approaches your temperature, open your mouth over sink, replacing the iced water with more of the same. Do not spit.

Swelling – all numbness feels as if swollen. However, if direct swelling is observed within the initial 24 hours after surgery, gently apply an icepack over the area on and off every twenty minutes. If swelling had occurred, it may be reduced with warmth. Heat therapy can be applied alternating inside the mouth with warm salt water (1/3 teaspoon of salt to a glass of warm water) and a heating pad or warmed wash cloth in a zipped bag. These procedures will return the swelling to normal more rapidly.

Packing – the surgical dressing placed on the surgical site protecting the site from foods and temperature changes. The dressing should be avoided with foods and any probing. Temperature change may effect the texture of the packing. If the pack is inadvertently lifted, it should be easily replaced with your wet finger, your tongue, or pressing against your cheek on that side. The packing will be removed at a scheduled appointment. Please notify the office if there are issues with this packing. Sometimes with the scheduled removal of this packing another application is placed. This will be suggested if indicated.

Sensitivity – can occur to the teeth in the surgical areas. Rinses and toothpastes are available by prescription that will greatly reduce sensitivity temperature change, sweets and sour flavors. This sensitivity is transient and will be reduced as the teeth are accommodated by the repositioned gum.

If concerns for your gum health arise, do not hesitate to contact the office for advice.