

Post-Treatment Instructions:

- Do not chew or suck on a numb cheek, tongue or lip – injury and/or infection may result.
- Do not eat while still numb. Drink liquids with caution and avoid hot liquids to prevent burns.
- Typically the freezing may last for several hours. Length of time varies with individuals.
- Transient jaw joint discomfort may occur when the mouth has been kept open. If discomfort has occurred reduce jaw activities such as heavy chewing, excess talking, gum chewing, etc.
- Most discomfort will occur in the first 24 to 48 hours as the body heals following treatment. It is recommended that an anti-inflammatory such as Ibuprofen (Advil, Motrin) be taken as needed for the first 2 days. If you are unable to take Ibuprofen, Tylenol Extra-strength may be substituted as a suitable pain-killer. Call our office with any concerns.
- Take all medications exactly as prescribed even if pain or swelling has subsided.
- Attend all post-operative follow-up appointments as recommended.

Scaling treatment

- You may experience slight tooth or gum discomfort following a scaling appointment. Use your regular pain-killer as necessary. Brush and floss gently. Rinse 3X per day with warm salt water to reduce discomfort and swelling if necessary.
- Slight sensitivity to cold, hot or biting is normal following a scaling appointment.
- Some tooth mobility might be normal following treatment in areas of excess calculus build-up. Once the gums heal, teeth will reach their normal degree of mobility.
- The treatment of gum infection involves removing calculus and plaque, the sources of infection, and allowing periodontal pockets to heal. Infection may get worse in cases where disease was present prior to treatment. If pain or swelling occurs following a scaling appointment we may prescribe medications.
- Some patients require several appointments to treat cases of moderate to severe calculus build-up. If bleeding gums or

- persistent “pockets” remain following initial therapy, surgical treatment or referral to a specialist may be recommended.
- Regular maintenance is essential to maintain healthy gums once all the calculus has been removed, signs of bleeding gums have been eliminated and pocket depths are measured as normal.
 - Recall maintenance appointments (check-ups) are recommended every 3-6 months depending on your ability to maintain a healthy and clean mouth.
 - Most restorations will fail if not maintained properly. Regular brushing, flossing and check-ups are essential to maintain your restorations.
 - Call our office at 403-234-7400 if you have any concerns.