

Post Operative Instructions- Gum Therapy

The following post operative advice is intended to address potential questions or concerns you may have following your gum therapy. Should you have any further questions that have not been mentioned below please do not hesitate to contact our office.

- During the first several hours after your dental appointment it is best to avoid eating or drinking, particularly anything hot. Your mouth will be numb from the dental anesthetic and this poses a risk of trauma to your tongue and lips as a result of temporary loss of sensation.
- Following the removal of insulating bacteria and tartar it is common to experience some transient temperature sensitivity.
- Gum tenderness and associated bleeding is normal for 24-48 hours following treatment. Warm salt water rinses are recommended to expedite healing.
- Continue with regular brushing and flossing, and other homecare as instructed.
- If any medications or rinses have been prescribed follow them as recommended by the dentist.
- The success of this program heavily depends on you. Compliancy and homecare are crucial to the long term health of your gums. If you have any questions please do not hesitate to contact the hygienist for clarification to ensure the most favorable results.
- In the event of excessive bleeding or pain, please contact our office, the Dental Emergency Clinic at 416-485-7121 or go to your nearest hospital.

If you require any additional information or have any concerns, please do not hesitate to contact our office at 416-224-0677.