

**Pre and Post-treatment instructions for
following Initial Periodontal Therapy (Scaling and Root Planing)**

Pre-operative instructions:

EATING/FOOD: Have a light meal before your treatment. Try not to over-consume fluids, especially tea or coffee.

MEDICATION: Pick up prescribed medications, if any. Please review and follow the instructions provided with your prescription.

FOR YOUR COMFORT: You are welcome to bring an iPod or MP3 player to listen to your favourite music.

Things to do:

TOBACCO AND ALCOHOL: Avoid smoking for at least 24 hours. Smoking will impede the healing process greatly. Alcohol if consumed with prescription medication such as antibiotics can be potentially dangerous.

ORAL CARE: Proceed with your normal oral hygiene unless instructed otherwise. Timed release Vitamin C and green tea are strong antioxidants and improve the healing capacity. Dairy products and fiber also benefit the healing process.

Things to expect:

BLEEDING: Bleeding that is thick and ropery (not thin and runny) for the first 12-24 hours.

DISCOMFORT: The most discomfort you will experience will occur for a few hours once sensation returns to your mouth. Advil, Motrin or any Ibuprofen medication will relieve this. Take the recommended dosage. Note these medications will also relieve any inflammation, a normal part of the healing process, which Tylenol will not.

TOOTH SENSITIVITY: Some sensitivity may occur for a couple of days. Sensodyne toothpaste can help. Or place a small pea size amount of toothpaste on the exposed root before going to bed.

Contact Dr. Bouclin if:

1. bleeding is excessive and cannot be controlled
2. discomfort or sensitivity cannot be alleviated using the aforementioned instructions
3. allergic reactions to medications causing a generalized rash or excessive bleeding

Emergency contacts:

613-792-4658 (business) 613-612-0507 (cellular phone) 613-761-1054 (home)

Follow-up appointments:

- A appointment is necessary to evaluate primary healing after initial therapy is complete.
- It is vital that our office continues to monitor your periodontal health during this period.