





i Recovery Tips ?


You made it through your gum therapy. We made this little guide to help you heal.

 **Numbness:** Numbness of your lip, tongue or palate may last for several hours. Try not to chew gum, eat, or drink hot liquids until the anesthetic has worn off so you don't from accidentally bite or burn yourself. If you absolutely need a snack, stick to something soft and room temperature.


 **Medications:** We recommend that you take some ibuprofen before the numbness completely wears off. As long as you don't have any allergies, you can take **1-2 tablets of Motrin or Advil** every 4-6 hours as needed. This will help with any swelling or pain at the injection sites where your anesthetic was administered. Tylenol is also an option but is usually less effective.


 **Saltwater:** You can rinse with warm salt & baking soda water as often as you'd like. Stir no more than **1/4 teaspoonful of table salt and 1/4 teaspoonful of baking soda into a cup of warm water** to use as your rinse solution. This will help soothe any gum tissues that may be tender.


 **Oral hygiene is extremely important right now.** It promotes healing of your gum tissue, which makes you more comfortable! Brushing, flossing and rinsing with recommended products are critical.

 **Sensitivity** to hot or cold temperatures, and/or sweets is not unusual. This occurs as the gum tissue heals and shrinks in size. Brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time. If sensitivity continues or is severe, please call us. We can use a professional desensitizing treatment to help make you more comfortable.

 **What can I eat?** Try to eat soft foods for a few days to give your gums time to heal.

 **Don't forget the other half.** In most cases, only one half of the mouth is treated at a visit. In order to control your gum disease, it's very important that you come back for gum therapy on the other side of your mouth. Otherwise, the bacteria from the half that hasn't yet been treated can just reinfect the healthier side.

 **What's next?** As your gums heal after gum therapy, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better. To manage your gum disease, you'll need to follow our recommendations for care at home and come back to **see us every three months** for your quarterly gum care visits.

 **We're here for you!** Don't hesitate to call us anytime you have questions or problems concerning your post-operative care. Our telephone number is (415) 564-6170. We have a 24 hour-a-day, 7 day-a-week answering service. If the office is closed they will have one of the doctors return your call.