



Periodontal Treatment & Deep Cleaning

Periodontal (gum) treatment is performed to remove plaque, tartar, and bacteria from below the gumline to improve gum health. The following instructions will help promote healing and comfort following treatment.

After Your Appointment

- Your mouth may feel **tender or sore**, especially along the gums.
- Mild bleeding is normal for the first **24 hours**.
- Teeth may feel temporarily sensitive to hot or cold.

Eating & Drinking

- Avoid eating until numbness has completely worn off.
- Stick to **soft foods** for the rest of the day.
- Avoid very hot, spicy, crunchy, or hard foods for 24 hours.
- Drink plenty of water.

Discomfort & Sensitivity

- Mild discomfort and gum sensitivity are common.
- Over-the-counter pain relievers may be used as needed.
- Tooth sensitivity typically improves within a few days to a week.

Oral Hygiene

- Continue brushing and flossing gently the same day unless instructed otherwise.
- Use a **soft-bristled toothbrush**.
- Avoid aggressive brushing near the gums.
- If recommended, use any prescribed mouth rinse or medicated gel as directed.

What to Avoid for 24 Hours

- Smoking or vaping
- Alcohol consumption
- Vigorous rinsing or spitting
- Strenuous physical activity

These activities can delay healing and increase bleeding.

Follow-Up Care

- Periodontal treatment may require **multiple visits** and ongoing maintenance cleanings.
- Keeping up with recommended periodontal maintenance visits is essential for long-term gum health.
- Daily home care plays a major role in preventing future gum disease.

Call Our Office If You Experience:

- Excessive or prolonged bleeding
- Increasing pain after several days
- Swelling, pus, or signs of infection
- Fever over 101°F

Questions or concerns? Please call King & Miles Family Dentistry at 812-473-1128.

Healthy gums are essential to a healthy smile. Thank you for trusting us with your care.