

DI FRANCO PERIODONTICS

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INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING CURETTAGE:

DISCOMFORT: Most patients experience a degree of tissue soreness after scaling, root planing, and soft tissue curettage. The intensity and duration of this discomfort is directly dependent on the degree of inflammation that existed before the procedure and of course, you.

Rinse with warm salt water (1 tsp. salt to 4 oz. water) two or three times daily for at least the next three days.

Simple headache remedies should provide comfort (Tylenol, Motrin). If pain develops, please call our office.

Slight bleeding sometimes lasts for several hours but should subside by evening.

Swelling rarely occurs but is not a problem unless a temperature develops.

You may now experience some sensitivity to hot and cold, but this should eventually dissipate with tissue healing.

In most cases only one-quarter or one-half of your mouth will be scaled at one visit, so you will have the other side of your mouth free to chew with. A diet free from spicy, sharp, or extremely hard foods is suggested.

Effective plaque control is essential for rapid and complete healing. Brush gently but thoroughly. As tissue tenderness diminishes, pressure can gradually be increased. Bleeding may be encountered; however, this is normal.

HEALING STAGE: During the healing stages, you may notice recession (shrinkage), firmness and a change in color to pink. These are all signs of the tissue becoming healthier.

If you have any problems, questions, or symptoms different from those described above, do not hesitate to call. My home phone is (847) 698-4679; my cell phone is (847) 707-7734, and the office number is (847) 318-0066.