



Gum Infection Therapy Post Op Information

Side Effects

The most common side effect following gum infection therapy is gum soreness, which usually subsides within a couple of days. It is normal to experience bleeding gums while flossing for the first few days, this will improve with good home care.

DEKA CO2 Laser After-Care

- Avoid spicy foods and commercial mouthwashes for 2-3 days
- Warm salt water rinses may be soothing. Use only ½ teaspoon salt in 8 ounces of warm water. It is better to use no salt than too much salt when rinsing
- Do not floss the treated areas for 24 hours. Also, avoid husks or seeds that may get lodged in your gums between the teeth and tissue for at least 4-5 days

Pain Management

It is better to stay ahead of pain rather than to try to stop it after you begin to feel uncomfortable. After gum infection therapy and/or DEKA laser treatments, the following pain relief regimen can be helpful.

- For patients without allergies or contraindications to taking non-steroidal anti-inflammatory medications (NSAIDS) or aspirin
 - Take one 220 mg Naproxen every 12 hours for up to 1 week. For additional relief, take one 500 mg Acetaminophen 4x per day (with meals and at bedtime for a total of 2000mg per day).
- For patients unable to take non-steroidal anti-inflammatory medications or aspirin but are able to take acetaminophen
 - Take one 500 mg Acetaminophen every 4 hours (not to exceed 3000mg per day)

Recare Schedule

Studies have shown that a 3 month recare following gum infection therapy is appropriate in maintaining bone levels. Failure to comply with the recommended recare schedule may result in adverse outcomes, decrease the success of the treatment, and require treatment or referral to a specialist.

Dental cleanings following active gum infection therapy are no longer prophylactic in nature, and periodontal maintenance involves instrumentation of root surfaces below the gum tissue. These maintenance cleanings are required to maintain health at adequate levels, as the disease permanently weakens the supporting gum tissue. The destruction from periodontitis is episodic in nature and may recur at any time in a patients' life; therefore it is important to adhere to the recommended recall schedule. **Please check with your insurance company regarding possible additional costs for these maintenance cleanings.**

Follow Up Appointment

It is necessary to return for a follow-up appointment 4-6 weeks after your gum infection therapy appointment. At this follow-up, we will re-evaluate the healing of the gum tissue, and the possibility of further treatment and/or referral to a specialist. Your insurance may not cover this appointment.