

SMILE CENTER OF ROCKLAND

Be assured that we will do everything to make you comfortable.

Feel free to contact us if you have any further questions.

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Dr. McNerney

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Smile Center
of Rockland

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**ROOT DEBRIDEMENT
THERAPY
POST-OPERATIVE
INSTRUCTIONS**



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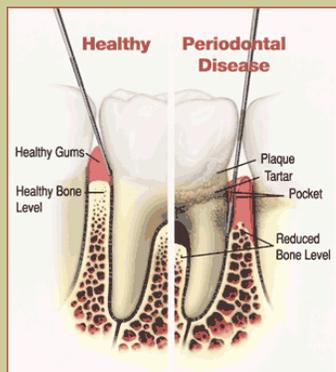
SMILE CENTER OF ROCKLAND

Non-Surgical Treatments

Our goal is to prevent early or premature loss of your teeth. This can be accomplished with a non-surgical procedure and is the first step toward controlling periodontal disease.

Following root debridement therapy patients will require ongoing maintenance therapy to sustain dental health. Non-surgical therapy does have its limitations. When it does not achieve periodontal health, surgery may be indicated.

The key to success in preventing gum disease is early diagnosis and conservative treatment along with improved homecare i.e. brushing, flossing



Post-op Instructions

1. Following your appointment you can eat normally as soon as the numbness disappears. Avoid foods that are hard, hot, spicy, salty (ex. popcorn, peanuts, seeds, rice, crusty bread, pretzels) or any food that will get caught between the treated teeth.
2. For discomfort take Advil® or Tylenol® as needed
3. Do not smoke for at least 24 hours afterward.
4. Brush, floss and use your other interdental devices as usual. Keep the area clean: rinse 2 times a day (1/2 teaspoon of salt in 8 ounces of warm water) to promote healing and soothing of the soft tissue.
5. If a prescribed rinse is given use as indicated.
6. Your progress will be evaluated 4-6 weeks following your initial therapy and at each recare visit.



What can I expect after my periodontal therapy appointment

For your comfort this periodontal therapy is usually done with an anesthetic that allows for thorough cleaning and detoxification of the root surfaces. You will be numb for approximately 1-3 hours after your therapy.

Following your non-surgical periodontal therapy your teeth may be more sensitive. Should this condition be persistent some relief can be achieved with using desensitizing agent. Please let us know if this is a problem and we can make recommendations as necessary.