



Deakin Dental

Periodontal Treatment – Home Care

- The gums and ligaments around the teeth (periodontium) will be quite sensitive for the first few days, and this can last up to a week.
- The teeth can be sensitive to hot, cold and pressure as the roots may be exposed. For teeth that are persistently sensitive, a “sensitive” toothpaste (Oral B, Colgate Pro-Relief) is advised. After brushing, leave the toothpaste on the teeth and only rinse off the tongue to allow the paste to stay on the teeth.
- Bleeding from the gums is likely with flossing or brushing for the next week or so due to the healing period. However this will subside with healing.
- Halitosis (if evident) will also subside with healing.
- Floss once a day before brushing at night. Use interdental brushes (piksters, TePe brushes) as directed.
- Always use a soft toothbrush, whether it be electric or handheld.
- Remember to maintain the continuing care appointments! You will stop needing this when you stop using your teeth!

Any concerns please contact the surgery on 02 6282 7711.

Warmest Regards,
Dr. Sarita Atreya

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