



# Post Operative Instructions for *Deep Cleaning*

If you have undergone significant gum treatment it is important that you take special care for at least the first forty-eight hours.

Dental treatment may give rise to the following problems.

## Bleeding

A small amount of bleeding can occur when using home cleaning tools such as a toothbrush, floss or interdental tool the day of or a day after gum treatment. If the gum is tender, be very careful and gentle with cleaning.

This should settle within two days after treatment. Delay eating and drinking for at least one to two hours post operatively.

Allow the anaesthetic to wear off prior to eating to ensure you do not bite your lip/tongue and that you do not burn your mouth while it is numb.

## Swelling

Swelling can occasionally occur and varies between individuals. If this has not settled by the day after treatment please contact our office.

## Infection

Prevention is better than cure. An antiseptic product such as Curasept with chlorhexidine should settle this quickly. This product is available from our surgery as well as at selected pharmacies.

Curasept toothpaste can be smeared on the gums with a finger or with a toothbrush. Best results are achieved with interdental brushes between the teeth. Use is recommended before bed.

Spit out toothpaste but no rinsing after. This will be reassessed at the next dental appointment.

Brush your teeth as gently as you can around the area.

## Pain

Pain be controlled with pain medication.

Do not wait for the pain to start. As soon as you get home take two analgesics (Nurofen, Panadol) and continue to take two tablets every four hours for forty-eight hours.

If you are prescribed antibiotic cover, please ensure that all medications are taken till they are completed.



## Are you still experiencing problems?

If you have any questions or concerns then please call our practice immediately on 3263 2677.

Visit [www.todaysdentistry.com.au](http://www.todaysdentistry.com.au) or call 3263 2677 for more valuable facts for you and your family's dental health.