

Perio On Point



Post-op instructions

Eating:

There is no restriction on eating foods. Please refrain from eating solid foods until the anesthetic wears off. This prevents any injury to your tongue or cheek. Please refrain from eating any food that is extremely temperature hot or crunchy, seeds and nuts. We do not want you to burn or cut the inside of your mouth for the first 24-48 hours.

Bleeding:

You may experience some bleeding while brushing your teeth today or tomorrow. Spitting out pink toothpaste can happen. Please do not pick at your teeth or gums. Blood does mix with your saliva which dilutes it and makes it appear much worse than it is. If you have any oozing or constant bleeding for over 24 hours, please contact your dentist.

Swelling:

No swelling is associated with the periscope procedure. If you experience any swelling, please contact your dentist.

Pain:

You can experience some discomfort of the gums.

You can experience cold or hot sensitivity from scope therapy. Tom's of Maine Rapid Relief Sensitive toothpaste or David's toothpaste is a great option to help prevent or stop dentinal hypersensitivity.

Oral Hygiene Care:

You can continue with your existing brushing and flossing routine. Please refrain from using your waterpik for the first 24-48 hours. Rinse with warm salt water 2-3 times per day for 2-3 days. 1 teaspoon of salt to one cup of warm water. Allow the salt to dissolve, then swish for 30 seconds. This will soothe and heal the gum tissue the best. DO NOT rinse with alcoholic mouthrinse for two weeks.

Follow-Up Care & Maintenance:

Consistent dental care is critical for long-term success. This includes consistent oral hygiene habits at home, brushing, waterpik, proxabrushes, flossing, etc.

Periodontal maintenance visits every 3 months with your dentist and dental hygienist.

The Perioscope procedure allows for precise, non-surgical removal of bacteria, plaque and calculus below the gumline. Your at-home care and follow visits play the major role in the long term success of your treatment.

