



Instructions following Periodontal treatment (Gum disease)

1 - During the first 48 hours, take pain relievers (Advil, Tylenol, Ibuprofen, Acetaminophen) to decrease sensitivity.

2 - Your teeth may become sensitive to cold. This sensitivity can last up to two months. If this is the case, use a toothpaste for sensitive teeth (Sensodyne, Pro Relief ...).

Avoid foods that are too cold during this period. If sensitivity persists longer, consult back with us.

3 - Unfortunately, there is no cure for gum disease (periodontitis). Treatments that we provide are designed to prevent disease progression.

4 - To control the disease, it is essential to have your teeth professionally cleaned **every three months**.

5 - It is essential to have a thorough daily dental hygiene (toothbrushing, flossing, interdental brushes, etc.)..

Together, we will be able to keep your gums healthy, stop the progression of the disease and **save your teeth**.

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