



Periodontal Therapy

A deep clean (periodontal therapy) is designed to remove all plaque and calculus (hardened plaque) from above and under your gums.

After the calculus has been removed the dentist/hygienist will give you oral hygiene instructions which are specific to your needs. It is important that you follow this instruction carefully in order to improve the health of your gums.

Your teeth may be sensitive after the procedure however this is not permanent and it should settle down after a while. If the sensitivity is unbearable you may take normal pain relief but make sure it does not interact with any other medications you may be taking. Specific toothpastes or mouthwashes may be advisable to help reduce post op sensitivity. Please consult the dentist/hygienist regarding these.

You may also notice that your gums are bleeding this is normal for about a week or so after the procedure. You are still to clean the bleeding areas as shown by your dentist/hygienist and follow all the advice given this will stop your gums from bleeding.

Your dentist would like to review your gums, usually after three months, to see if they have improved. If you follow the instructions given to you there should be an improvement but if you fail to follow the instructions then you may need another deep periodontal clean.