

As part of your cleaning, your hygienist used instruments underneath the gumline to remove hard and soft bacterial deposits and diseased tissue. As a result, it is expected that you will experience some tenderness. This can be eased by saltwater rinses (1 teaspoon of salt to 8 ounces of warm water) and/or a non-aspirin pain reliever such as ibuprofen (Advil) or Tylenol unless otherwise advised by your medical doctor.

Please note that in many cases diseased gum tissue is red and swollen. As the gums heal after this treatment, it is expected that they will become firm and smaller in size as seen in the photos below:



Swollen, irritated gums



Healthy Gums

Your next appointment is recommended in _____ for further treatment/follow-up appointment.

___ SRP for _____ (area)

___ Perio Maintenance

___ 4-6 week fine scale/recheck