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YOU'VE HAD PERIODONTAL THERAPY

It is normal to experience some slight discomfort after periodontal therapy. This discomfort is usually limited to tender gums and the teeth being slightly cold sensitive. Rinsing with warm salt water (1 tsp./6oz.) 3 – 5 times a day for 3 – 5 days will help the gums heal much faster and will also decrease any discomfort. Also, taking 1 or 2 Advil (200 – 400 mg. Ibuprofen) every 6 hours, as needed, will help.

Please be careful eating and drinking cold foods and liquids for the first few days. Using toothpaste for sensitive teeth, such as Sensodyne will help, especially if you also use a fluoride rinse like A.C.T.. Use the toothpaste every time you brush and the liquid rinse once or twice a day.

If you have any questions, please call our office. We look forward to helping you again.
