



Post Op Instructions After Full Mouth Debridement

What is a full mouth debridement and why is it needed?

A full mouth debridement is a procedure used to remove extensive plaque and tartar buildup above the gum line only. Because of these thick deposits, it's difficult for your dentist to gauge accurately whether tooth decay, gum disease, or other problems are present and to what degree. If left untreated, this can lead to Periodontitis and tooth loss.

Instructions for what to do after full mouth debridement

After a full mouth debridement, your teeth may be sensitive to cold, air and sweets: Use toothpaste such as Sensodyne for sensitive teeth (this can take a few weeks to a month to have an effect). If persists or bothersome, please call as we need to be aware in case of complications.

Now that the deposits on your teeth have been mechanically removed away, we can examine your teeth for an accurate assessment of your oral health and will do this at your **re-evaluation appointment**. We will also check the healing of your gums and depending on the health of your teeth, you may just need a regular Prophylactic and healthy status assessment. If signs of gum disease are present, we may advise a scaling and root planning treatment. Dr. Throne will examine your teeth and discuss with you what other treatment may be required, if any.

The best thing to do after the full mouth debridement is brush and floss daily to maintain your dental work and oral health. This will help keep the plaque and tartar minimal and prevent gum disease.

****Critical Reminder- We only will see you 3 to 4 hours out of the year, it is up to you to maintain your dental health!**

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