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**PERIODONTAL DISEASE THERAPY**  
**(GUM INFECTION THERAPY)**

You have just received therapy for treatment of your gum infection. (Periodontal Disease).

It is normal for your teeth to be sensitive to cold, hot, and sometimes, spicy foods for a short period of time following these procedures.

Remember when your mother used to clean off your scraped knee when you were a kid? The knee was usually sore for a while but it was necessary for the knee to heal. The idea is the same! The splinter-like tartar has been carefully removed from your teeth and infected gums. They will need time to heal back to normal.

If you experience some discomfort, you can help reduce it by alternating 2 Ibuprofen tablets and 2 Tylenol tablets every two hours.

When to resume brushing: You should resume normal brushing and flossing this evening. If your gums are tender, rinse with warm salt water (1/2 teaspoon of salt in 8 oz of water) for 30 seconds three times a day and brush and floss very gently for the next few days.

When to resume eating: It is recommended to avoid eating until the numbness has worn off. After the numbness is gone you may resume eating to your tolerance level, but it is recommended that you avoid acidic & spicy foods for 3 to 5 days.

We want your experience to be as pleasant and pain-free as possible.

Please feel free to call our office, or you may reach **Dr. Oser on his cell phone (214-924-1114) after hours if you have any questions or discomfort.**