LUSSO DENTAL

Gum Therapy (Root Surface Debridement)

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

GUM THERAPY (ROOT SURFACE DEBRIDEMENT)

Your care guide

A deep clean of the root surfaces below the gum line, usually with local anaesthetic, to treat gum disease (periodontitis) and help the gums heal and tighten.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Tell us about any changes in your health or medicines, especially blood thinners or diabetes medicines.
- Keep taking your usual medicines unless your doctor tells you otherwise.
- If you have diabetes, eat normally and bring your usual medicines.
- Practise the cleaning techniques we showed you every day before treatment.
- Eat a light meal before you come, as you may be numb for a few hours afterwards.
- Have some paracetamol or ibuprofen at home in case you need it.

On the day

- Each visit usually takes 45 to 90 minutes.
- We will numb the area being treated.
- You can drive and return to work afterwards in most cases.
- Let us know at any point if you feel discomfort so we can give more anaesthetic.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First few hours	You will be numb. Avoid hot drinks and chewing until feeling returns so you do not bite your lip or cheek.
First 24 hours	Mild aching is normal. Take paracetamol or ibuprofen per pack instructions if needed. Brush gently but do brush.
Days 2 to 7	Tenderness settles. Restart cleaning between your teeth fully. Warm salt water rinses can soothe the gums.
Weeks 2 to 6	Gums tighten and may shrink back. Sensitivity may appear. Use a sensitive toothpaste.
About three months	We remeasure your gums to check how they have responded and plan your next steps.
Ongoing	Regular maintenance visits, often every three months, help keep your gums stable.

Please do

- Do brush twice daily and clean between your teeth every day, even if the gums are tender.
- Do use the interdental brush sizes we gave you.
- Do use a sensitive toothpaste if needed, spitting rather than rinsing.
- Do ask us for help to stop smoking.
- Do keep your diabetes as well controlled as you can, if you have diabetes.

Please avoid

- Do not eat or drink hot things until the numbness has gone.
- Do not smoke, especially in the first few days, as it slows healing.
- Do not stop cleaning if your gums bleed.
- Do not skip your review and maintenance visits.

WARNING SIGNS

When to contact us

- Contact us if pain gets worse after two or three days rather than better.
- Contact us if you notice a swelling, pus or a bad taste from the gum.
- Contact us if bleeding does not stop with firm pressure from a damp gauze or clean cloth for 20 minutes.
- If you have facial swelling that affects breathing, swallowing or your eye, or you feel very unwell with a high temperature, call 999 or go to A&E. For urgent advice out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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SCAN TO REGISTER

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