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## **HOME CARE INSTRUCTIONS FOLLOWING ROOT DEBRIDEMENT THERAPY**

**Root Debridement Therapy (RDT)**, is a procedure that involves removing bacterial plaque and tartar from the root surface below the gumline with instruments and ultrasonics. It may also require removal of diseased tissue within the pocket with a laser. The goal of this treatment is to allow reattachment of the gums to the clean root, and shrinkage of the pocket to levels that can be maintained by daily brushing and flossing.

The following guidelines have been prepared for you in order to maximize healing and minimize any discomfort. If you have any questions following treatment, please feel free to call our office, 408 923-5511.

### **Things to Avoid:**

1. Avoid eating in the area that has been anesthetized, until the numbness has worn off.
2. For the first 24 hours avoid the following, as they will disrupt the blood clot which is the first phase of healing:
  - A. Vigorous physical exercise, but you may return to work.
  - B. Drinking through a straw or sucking motions.
  - C. Do not smoke. It's better to refrain for 48 hours.
  - D. Drinking alcoholic beverages will retard the healing process.
  - E. Foods that are extreme in temperature, or spiciness.

### **Things to Do:**

1. You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as ibuprofen (Advil) or acetaminophen (Tylenol).
2. Eat a well balanced soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
3. Rinse with a warm salt water rinse, ½ teaspoon in an 8 oz. glass of water, 3 times a day.
4. Brush your teeth very lightly in the treated area the first night. Then begin flossing lightly as well the next day, gradually increasing to normal force by the week's end. After brushing and flossing, rinse with chlorhexidine gluconate (Peridex) for at least 30 seconds. Do this at least twice daily. Avoid using any strong mouthwashes that contain alcohol. Chloraseptic and Cepastat are recommended.

Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improved health.

If you have any questions or problems, please call our office.