



clinique
dentaire
B. Fabre
et associés

Tips following root planing and laser disinfection

During the next 24 hours, you might feel a slight sensitivity in the gums and a slight swelling. Despite this, it is important to maintain impeccable hygiene to optimize the healing of the gums.

Dental hygiene care includes:

1. brushing 2X / day
2. flossing 1X / day
3. using interdental brushes 1x / day
4. using prescribed mouthwash 2x / day for 30 seconds and spit out afterwards. Do not eat or drink for 45 minutes after use.

It is important to understand that the periodontal disease is a chronic condition that stabilizes if:

1. you carefully follow at home the dental hygiene care recommendations made by your dentist and hygienist;
2. you schedule check-ups as prescribed by your treatment plan;
3. your general health condition is stable.

However, if certain changes occur, such as a reduction of care or presence of uncontrolled inflammatory disease (diabetes, arthritis), it is possible that your periodontal condition deteriorates. This may cause instability in your periodontal condition and may require further treatments.

If you have any question, do not hesitate to call us at: (450) 653-4050

We will be happy to take the time to answer or to see you as soon as need to.

Happy healing!