

## Ortho Hygiene



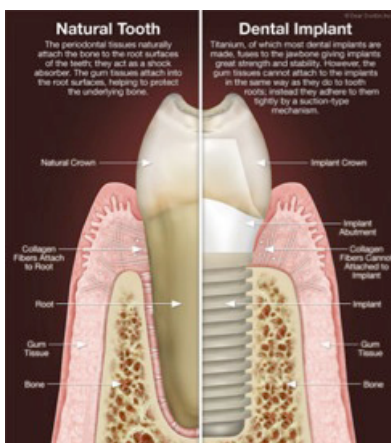
You already know that maintaining good oral hygiene is important for everyone — but when you're having orthodontic treatment, it's even more critical. Why? Because, while the appliances (such as braces or clear aligners) you may need to wear during treatment are very effective in correcting misaligned teeth, they can also trap food particles easily. Keeping your teeth (and your appliances) clean is a little harder — but you can do it! Here's a look at why good oral hygiene is so important during orthodontic treatment, and some tips on how you can keep it up.

The major enemy of oral health is plaque. Food that becomes trapped near tooth surfaces can lead to the formation of plaque — a thin coating of microorganisms and organic debris (biofilm) containing potentially harmful bacteria. Braces or other appliances make it harder to remove plaque. The bacteria in plaque digest the sugars in food, producing acids which may erode teeth and irritate gums. This can cause cavities, permanent / noticeable white spots on teeth, gum disease and bad breath.

Keeping plaque under control is one of the most effective means of maintaining strong, healthy teeth and gums. There are three general ways to do it: through diet, daily maintenance, and regular professional care. Taken all together, they're your teeth's best defense. While it's a little harder to do with braces, there are some special products available — including floss threaders and particular kinds of floss — that can help you get the floss between wires and gum line. If you have a retainer, it should be brushed daily, the same way you brush your teeth.

Your hygienist will recommend more frequent intervals for hygiene while you have braces.

## Implant Hygiene



### Infection Is The Enemy

Cleaning implant-supported tooth replacements is just as important as cleaning natural teeth, as both depend on healthy surrounding tissues for support. Bacterial biofilm (plaque) collects on implant crowns just as it does on natural teeth, and must be removed on a daily basis at home. Without daily biofilm removal, infection can develop known as peri-implantitis ("peri" - around; implant "itis" - inflammation), which can result in loss of the attachment described above. Unlike inflammation around teeth, this reaction can be quite catastrophic both in rate and amount, quickly leading to a well- or dish-shaped loss of bone around an affected implant. Bone loss can rapidly progress to loss of the implant.

The dental hygienist has an important role to play in keeping dental implants infection-free, and there are many factors to be considered in selecting the right instruments for a professional cleaning. They include: the nature of the debris, meaning whether soft (biofilm, foods) or hard (calculus or tartar, calcified material); the location of the deposits; the type of surface on which they accumulate; and the stubbornness with which they adhere.

## Scaling and Root Planing Post Operative Instructions

Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease.

- if local anesthetic is used for scaling and root planing, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely, if used.
- To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water.
- Resume your home care regimen immediately, but be gentle with the area recently treated. Do not be concerned if there is mild bleeding during brushing for a few days following the deep cleaning procedure.
- Refrain from smoking for 24 to 48 hours after scaling and root planing. Tobacco will delay healing of the tissues.
- You may take a non-aspirin pain reliever for any tenderness or discomfort. Take ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
  - 600 mg (equal to 3 tabs of over-the-counter Ibuprofen or Advil) every 4-6 hours if necessary. Do NOT exceed 2400 mg in a 24 hour period!
- OR
  - Extra strength Tylenol 1000 mg (equal to 2 tabs of over-the-counter Extra Strength Tylenol) every 4-6 hours if necessary. Do NOT exceed 4000 mg in a 24 hour period!
  - If Prescribed, take all antibiotics until finished, even if feeling fine after a few days. This is an important part of treatment to reverse periodontal disease.
- If you have persistent discomfort or swelling that occurs after scaling and root planing, contact the office for instructions as soon as possible.

## Periodontal Flap Surgery Post Operative Instructions

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage. You will probably have some discomfort when the anesthesia wears off; take your non-aspirin pain medication(s) as directed, whether it is prescribed or over-the-counter.

### Medications:

- You may take Advil (ibuprofen) 600 mg (equal to 3 tabs of over-the-counter Advil) every 4-6 hours for the next 3-5 days OR Extra Strength Tylenol 1000 mg (equal to 2 tabs of over-the-counter Extra Strength Tylenol) every 4-6 hours for the next 3-5 days.
- Do NOT exceed 2400 mg in a 24 hour period!
- You may have been given a prescription for a stronger pain reliever. This may be filled at any pharmacy if the over-the-counter pain medication does not relieve your discomfort.
- An antibiotic may have been prescribed to prevent or minimize infection. Please take the antibiotics as instructed until all tablets / pills are finished.
- If dispensed- Please use the Chlorohexidine rinse given twice daily for 5 days post surgery. Swish very gently and avoid swallowing the rinse. Swish 15 ml (1 tbsp) for 30 seconds.

### Discomfort:

Slight swelling of the operated area is not unusual. Even bruising and chapped lips may occur.

- A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery.
- Keeping your head elevated above your heart will also help. One to two days after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.
- You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.
- Please chew on the opposite side of your mouth and try to avoid the surgical site as much as possible.
- Be sure to attend your post-operative appointment in 7-10 days to allow for removal of any dressings or sutures and to assess your healing!

## **Bleeding:**

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as these will often prolong the bleeding. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes without looking to see if the bleeding has stopped. If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe bleeding.

## **Eating / Diet:**

Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Avoid alcohol and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.

## **Homecare:**

Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. After you have eaten or you have snacked, please use lukewarm salt water rinse; 30 seconds of swishing with each use. Vigorous rinsing should be avoided!

## **Starting tomorrow:**

- Please use Chlorhexidine mouth rinse 2X (morning and night) a day; 30 seconds of swishing with each use.
- Please do NOT play with the surgery area with your fingers or tongue.
- Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area.

## **Just LEAVE IT ALONE!**

- Do NOT use a drinking straw, as the suction may dislodge the blood clot.
- Avoid extremely hot foods. Cold foods such as ice cream or shake are OK as long as you use a spoon.

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office number listed below:

**Tuscany Dental: 403-239-0010**

**OR after hours:**

**Dr. Brauer 403-804-8719**

**Dr. Townsend 403-519-0086**