



truly

Root Debridement
Healing & Aftercare

Our *step-by-step* aftercare guide for *root debridement*.

Congratulations! You have successfully undergone a highly effective preventative treatment to stop gum disease in its tracks. In making this decision with Truly, you have taken wise action to conserve and protect a too often-neglected but absolutely vital component of your overall oral health, your gums.

When left untreated, bacteria and plaque (a soft, sticky bacterial-carrying film) build up in our mouths and eventually harden around our teeth at the gum line to form calculus ('calcified plaque' or 'tartar'). As these resilient deposits migrate below the gum level and out of the range of normal home toothbrushes, more harmful pathogens will colonize and start to break down the supporting bone structures housing your teeth.

What began as a few missed brushing days or a poor flossing habit can gradually and insidiously become a serious problem. As a result of their supporting bedrock becoming infected and damaged teeth will become more mobile and loose, recurrent infections and tooth ache are far more common, and your risk of eventual tooth loss is significantly increased. Whether caught in its early stages or when far-advanced, at Truly patients suffering from gum disease are treated promptly and exhaustively.

We use highly specialised, fine instruments to give your teeth a deep and thorough cleaning below the gum-line to prevent the progression

of disease and subsequent tooth loss. In a process known as root debridement. By choosing to undertake this proactive treatment for gum disease today, your oral and general health will be significantly enhanced.

Benefits of root debridement:

- 1 Your risk of medium to long-term tooth loss is greatly reduced. Our aim is always to help you to maintain your natural smile and avoid complex extractions and surgeries needed to replace your natural teeth.
- 2 Loosening or the eventual loss of even one tooth can have a major impact on your everyday quality of life—interfering with the proper function of your teeth, your efficient chewing and biting ability, particularly for non-soft foods.
- 3 Deep cleaning freshens breath by eliminating bacteria which cause halitosis.
- 4 Good gum health also preserves the bone in your jaw, maintaining your optimal facial aesthetics—along with retaining your full, natural smile, this plays a significant part in conserving your youthful appearance
- 5 The proportional impact of taking action to regain and protect a healthy mouth, free from infection, is massive and far-reaching. Removing harmful bacteria from your mouth will lower the danger of infection silently spreading to other parts of your body and taking root.

Still a little unsure? Here's what to expect in the next *48 hours*:

We use a highly effective local anaesthetic to ensure you do not experience any pain during the procedure.

Numbness can last for up to 8 hours following treatment. Please take great care not to bite or chew your numb cheek, lip or tongue during this period as you may injure yourself unknowingly.

You may experience some tenderness or sensitivity of your gums for up to 48 hours following your treatment. Use over the counter medication such as Ibuprofen to combat any mild inflammation and to promote the body's natural healing process. Although uncommon, it is possible to develop slight swelling of your gums after the procedure. You can apply a cold compress or ice pack to your cheek above the affected area for 20 minutes on, 20 minutes off for the 24–48 hours after treatment. Please contact the clinic if you experience any major swelling of your mouth or face beyond this, so that we can advise.

You may notice a small amount of blood in your mouth in the hours after treatment, presenting as a pink tinge to your saliva. Avoid very hot drinks if this occurs, as the heat can prolong any bleeding. If bleeding continues this can be relieved and the bleeding stopped by applying light pressure to the affected area with damp medical gauze with your finger for 20–30 mins.

What to expect in the *2 weeks* after the procedure:

Your gums will likely undergo some recession in the weeks following treatment. This is a normal consequence of gum healing, and it is nothing to be worried about. You may notice certain changes as a result of this, chiefly:

- 1 You may experience increased sensitivity to hot and cold following this appointment, typically up to a week, however this will decrease over time. You can use a toothpaste for sensitive teeth (such as Sensodyne) to help ease any discomfort associated with this.
- 2 You can also mix a 1/2 tsp of salt with warm water, particularly after mealtimes or when experiencing increased sensitivity. Rinse around the tooth and spit when finished.
- 3 Your teeth may appear slightly longer, you may also notice very small gaps developing between your teeth.

In some individual cases root debridement, as it is a deep and thorough cleaning of your entire gum line, needs to be carried out over two sessions.

If your dentist has told you that you have to return for a second appointment, you must do so, otherwise the treatment will not be sufficiently effective and you will not receive the full health and hygiene benefits of a successfully completed treatment. To support and accelerate healing you should use a chlorhexidine mouthwash such as Corsodyl, rinsing 10mls around your mouth for 1 minute three times per day for 2 weeks following your periodontal treatment

How to get the *most* out of your treatment, *longterm*:

Your treatment today will have significantly reduced your risk of further progression of gum disease.

Tackling periodontal hygiene issues and gum disease is a multi-faceted process, and you have taken an essential and substantial step. This treatment also requires significant lifestyle commitment and habit implementation in order to be wholly effective.

There are some measures it is important for you to take in order to prevent recurrence and progression of the signs or symptoms which brought you in today:

- 1 Smoking cessation: people who quit smoking will have a drastically better response to deep periodontal cleaning compared to those who continue to smoke. Your dentist will be happy to discuss measures with you to help quit smoking at any time—there are also free Quit Smoking support and resource options which you can access through the HSE.
- 2 You must maintain a rigorous oral hygiene routine with both normal toothbrushing and interdental cleaning to prevent bacteria and calculus from re-forming. It is essential that you brush at least twice per day and floss on a daily basis.
- 3 Gum disease requires frequent monitoring and treatment to prevent progression. Your dentist will have indicated to you when you should return for another check-up or deep periodontal cleaning. It is important to

attend this appointment to prevent recurrence of disease. Regular 6 monthly check-ups and standard scaling and polishing visits can prevent the build up of plaque before it reaches calculus and the early stages of gum disease, that make deep periodontal cleaning necessary or require two appointment sessions to complete effectively

- 4 Patients with diabetes should ensure regular check-ups with their general medical practitioner to ensure that their diabetes is well controlled. There is a direct relationship between gum disease and diabetes, and the benefits of consistently managing your treatment for both go hand in hand. By maintaining good gum health you will improve your diabetic condition and by effectively managing your diabetes you will see significant improvements in your gum disease and related symptoms (such as contact bleeding of your gums while brushing, redness, and inflammation).

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

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