



Kaminski

DENTAL CENTER

Your smile starts here

Post Op Instructions After Full Mouth Debridement

What is a full moth debridement and why is it needed?

A full mouth debridement is a procedure used to remove extensive plaque and tartar buildup. Because of these thick deposits, it's difficult for your dentist to gauge accurately whether tooth decay, gum disease, or other problems are present and to what degree. If left untreated, this can lead to Periodontitis and tooth loss.

Instructions for what to do after full mouth debridement

After a full mouth debridement, your teeth may be sensitive **to cold, air and sweets**:

Use toothpaste such as Sensodyne for sensitive teeth (this can take a few weeks to a month to have an effect)

Now that the deposits on your teeth have been scraped away, we can examine your teeth for an accurate assessment of your oral health and will do this at your 4 week re-evaluation appointment. We will also check the healing of your gums and depending on the health of your teeth, you may just need a regular teeth cleaning. If signs of gum disease are present, we may advise a scaling and root planning treatment. Dr. Kaminski will examine your teeth and will let you know what other treatment you may need, if any.

Best thing to do after the full mouth debridement is brush and floss daily to maintain your dental work and oral health. This will help keep the plaque and tarter minimal and prevent gum disease.

If you have any questions or concerns please ,call Kaminski Dental Center at 920.857.3011. For your convenience, feel free to use our online [Request an Appointment](#) form to schedule your preferred consultation time with any of our dental specialists.