

PATIENT INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING

DISCOMFORT

You may experience slight throbbing or aching immediately after treatment. Take acetaminophen or a non-aspirin analgesic as recommended to reduce discomfort. Your discomfort or pain should not be acute and should subside within four hours, definitely within a few days.

BLEEDING

Slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease and not continue past 72 hours.

TOOTH SENSITIVITY

Teeth may be sensitive to temperature changes and sweets the first several days, but the sensitivity usually diminishes quickly. You may want to apply a desensitizing fluoride. If tooth sensitivity persists, use a desensitizing toothpaste containing potassium nitrate. For severe and prolonged sensitivity, you may need a professional application of a desensitizing agent.

DIET/EATING

If a local anesthetic was used, avoid chewing foods until feeling returns to the area to avoid injury to the tongue or cheeks. If extensive root planing was performed, you may find that chewing hard foods such as meat or raw vegetables is uncomfortable for a few days. Choose food with a softer consistency (noodles, peanut butter, cream cheese) until chewing becomes more comfortable.

ORAL HYGIENE

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third to fourth day, you can resume normal oral hygiene techniques. Rinse your mouth for one to two weeks with an anti-microbial rinse or a warm salt-water rinse.

APPEARANCE As gums heal and tighten, their shape around the teeth may change. This is normal.

SPECIAL INSTRUCTIONS

If symptoms are severe or persistent, please call our office immediately.

Following scaling and root planing, you can expect less redness, bleeding and swelling of your gum tissue. Your mouth will also taste and feel better. Plan to maintain the health of your gums with proper homecare and regular professional care.