



POST SCALING AND ROOT PLANNING

DISCOMFORT AND PAIN:

Discomfort immediately following the procedure is normal and could be relieved with over the counter medication such as: Tylenol, Ibuprofen, Advil or Motrin for example.

TOOTH SENSITIVITY:

Teeth may be sensitive to temperature and/or sweets. This sensitivity may be intense at first, but should diminish over time. Sensitivity protection toothpaste and fluoride rinses, such as ACT, are available over the counter to help reduce sensitivity.

BLEEDING:

Some slight bleeding may occur during the next several brushings, but should steadily decrease as gums heal.

APPEARANCE:

Root surfaces may be more exposed as the swelling of the inflamed area subsides. The affected tissue will appear lighter in color.

DIET:

Avoid eating hard foods, such as raw vegetables or meats, until comfortable to do so.

ORAL HYGIENE:

Brush your teeth gently, but thoroughly. Floss to remove food, but take caution not to go under the gums for a couple of days. You may also use a warm water rinse of 1/4 teaspoon of salt in 8 oz. of warm water to soothe the tissue or Peridex if it was prescribed to you.

SMOKING:

CAUTION: Smoking after scaling and root planning procedures may hinder proper results.

MAINTAIN:

It is very important to have your teeth cleaned (Perio Maintenance) every three months in order to maintain healthy gums. A commitment to maintaining good dental health is essential to the successful treatment of periodontal disease. Scaling and root planning is not a cure. Many patients may need to repeat the procedure every couple of years to continually remove the irritants that accumulate. In extreme cases, it may even be necessary to see a periodontist for further evaluation and treatment.