



# POST OPERATIVE INSTRUCTIONS

## FOLLOWING SCALING AND ROOT PLANING

### **PLEASE READ THESE INSTRUCTIONS COMPLETELY AND CAREFULLY**

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, which is causing bone loss. The goal is to produce clean, healthy teeth and roots, which will promote healing of the inflammation and infection that causes gum disease. Usually, you can complete this treatment with two appointments.

After scaling and root planing, avoid eating anything on the area being treated for two hours or until the anesthetic has worn off completely. It is easy to bite or burn your cheek, tongue or lip while numb. Avoid any hard foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.

You may take an over-the-counter pain reliever for any tenderness or discomfort. Take ibuprofen (Advil/Motrin) or acetaminophen (Tylenol) unless you have medical conditions or allergies.

To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. If you are prescribed Peridex/Chlorhexidine, use as directed.

Resume your home care regimen of brushing twice a day with a soft bristled toothbrush and daily flossing immediately, but be gentle with the area recently treated. Your gum health must be maintained with proper home care, as instructed, and regular dental visits.

It is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This is normal. This occurs as the gum tissue heals and shrinks in size and should gradually resolve in a few weeks with proper home care. Consistently brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may alleviate this over time. Avoid toothpaste with "whitening" or baking soda, as this will contribute to the problem. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.

Refrain from smoking for 24 to 48 hours after scaling and root planing as tobacco will delay healing of the tissues. Smoking cessation is highly recommended.

You can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother and your mouth will taste and feel better. We will look forward to seeing you for your regular periodontal maintenance to keep up with what we just accomplished together.

If you have further questions, persistent discomfort or swelling which occurs after your appointment, contact the office for instructions at 303-632-3622.

Scaling and root planing is the most conservative method to treat periodontal disease. We look forward to slowing or stopping your periodontal disease with this procedure, and will keep you advised of the status of your condition as it heals.