



Periodontal Scaling and Root Planing Post-Op Instructions

Scaling and Root Planing is an extensive non-surgical procedure, most patients experience little or no postoperative discomfort. The most frequent complaints are slight tenderness of the gums and teeth may be sensitive to cold drinks and foods. Here are some helpful reminders.

1. Be careful eating while you are numb. Hot foods and drinks, such as soup, pizza, coffee, and tea can seriously burn your mouth. It is easy to bite your tongue and lip while numb.
2. Use warm salt water rinses.
 - 1 tsp. salt per 8 oz. of water several times per day for up to one week. This is soothing and promotes faster healing.
3. Take an anti-inflammatory pain reliever if desired or needed. In most cases, ibuprofen (Advil) will be sufficient to control discomfort. We recommend 600 mg 4 x/day (not to exceed 3200mg). Do not take ibuprofen if you have an allergy or are pregnant.
4. It is imperative that you floss and brush daily. Brushing and flossing daily helps to remove plaque and debris from between your teeth. This is crucial in fighting periodontal disease.
5. Refrain from smoking 24-48 hours to promote healthy healing of gum tissues.

Sensitivity

Sensitive teeth are very common after treatment and usually resolves in 1-2 weeks.

- Avoid ice cold drinks and foods while teeth are sensitive.
- Brushing two to three times daily with sensitivity toothpaste (Crest for Sensitive Teeth® or Sensodyne®) will reduce cold sensitivity.
- Fluoride rinses like Act® may reduce sensitivity and fight cavities.
- If sensitivity persists, the dentist may apply a professional desensitizing agent.
- In rare instances, cold sensitivity may persist.

Important Points

Several days after treatment, your gums should appear more pink, less swollen, and bleed less. These are signs of healing and improving periodontal health.

- 3-4 month maintenance cleanings are recommended to monitor your progress and treat periodontal disease. If you cannot maintain your cleaning schedule, please consult the doctor or hygienist.
- **SMOKING OR USING TOBACCO PRODUCTS WILL REDUCE HEALING**

PLEASE DO NOT HESITATE TO ASK THE DOCTOR OR STAFF IF YOU HAVE ANY QUESTIONS OR CONCERNS.