



## **SCALING AND ROOT PLANING POST-OP INSTRUCTIONS**

Scaling and root planing is a non-surgical treatment for periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line and smooth out rough target areas thereby eliminating the inflammation and infection that is the causative factor in gum disease. The progression of gum disease can be halted by removing inflammation and disrupting bacterial biofilm development with regular maintenance visits and meticulous home care.

After treatment 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. The following tips will make you more comfortable, help to prevent any possible complications and ensure the success of the procedure.

### **DISCOMFORT**

- You may take an over-the-counter pain reliever for any tenderness or discomfort. Take ibuprofen (Advil/Motrin) or acetaminophen (Tylenol) as directed unless you have medical conditions or allergies.
- 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 sensitive toothpaste or using fluoride rinses may alleviate this over time. Avoid toothpastes 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.

### **HOMECARE**

- 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. You may use a WaterPik if recommended.
- 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.

### **DIET**

- After scaling and root planing, avoid chewing in the area until the anesthetic has worn off completely. It is easy to bite or burn your cheek, tongue or lip while numb.
- For several days following treatment a soft diet is recommended. Avoid any hard foods such as tortilla chips, potato chips, popcorn, or seeds.

### **BLEEDING**

- Minor bleeding that results in a pinkish tinge to your saliva is normal and may occur during the first 48 hours following treatment. You may rinse your mouth with warm salt water. If excessive bleeding should occur, apply light pressure to the area with a moistened gauze or moistened tea bag and call the office immediately for more assistance.