

**We hope your recovery from your scaling and root planing therapy is as comfortable for you as possible. Listed below are some simple tips for you after your procedure.**

### ***Post op instructions - Scaling and Root Planing***

Scaling and root planing is a non-surgical therapy of periodontal disease. The purpose of the therapy is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, healthy teeth and roots, which will promote healing of the inflammation and infection that is associated with gum disease.

After scaling and root planing, avoid eating anything on the area being treated 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 also want to avoid really hot or really cold food and beverages for the first few days as areas can be sensitive to temperature.

You may take an over-the-counter pain reliever for any tenderness or discomfort after therapy. 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 a prescription for Chlorhexidine was given, 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.

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 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.

Smoking puts patients at a higher risk for therapy failure. Smoking cessation is highly encouraged to achieve optimum results. Should you choose to continue to smoke, refrain from smoking for 24-48 hours during initial healing.

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 every 3-4 months for your regular periodontal maintenance in order to keep up with what we just accomplished together.