



FAMILY DENTISTRY

Post-Op Instructions After Scaling and Root Planing



Scaling and root planing is a non-surgical treatment of periodontal disease. This occurs in the presence of inflammation and bone loss which results in above normal pocketing. Scaling removes plaque and tartar from below the gumline. Root planing smooths the root surface of the tooth to help the gums reattach to the root. The goal is to produce clean, healthy teeth and roots, which will promote healing of the inflammation and infection that causes gum disease.



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.



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.



To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Adding 1/2 tsp of turmeric powder to the salt water rinse is advisable, if you have it. 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.



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. Avoid toothpastes with "whitening" or baking soda, as this will contribute to the problem.



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.