

SCALING AND ROOT PLANING

Post-Care Instructions

Local Anesthesia

- The numbness from the anesthetic injection will wear off within a few hours. You may experience tenderness, mild swelling or bruising to the injection site. In rare cases, prolonged numbness can occur. Please contact our office if numbness does not wear off within 48 hours of your procedure.
- We recommend waiting until the anesthetic has worn off before eating/drinking.

Home Care

After scaling and root planing, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely.

- Avoid any hard “chippy” foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days
- To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water.
- If you are prescribed Peridex/Chlorhexidine, use as directed
- Resume your home care oral hygiene regimen of brushing twice (2x) a day and daily flossing immediately, but be gentle with the area recently treated. **Oral hygiene is critical in preventing disease progression.**
- Refrain from smoking for two weeks after scaling and root planing. Tobacco will delay the healing of the tissues.

Pain Management

You may experience some cold sensitivity, this is normal. Any sensitivity should gradually go away in a few weeks.

- You may take a non-aspirin pain reliever for any tenderness or discomfort.
- Take Ibuprofen 600mg (Advil) or Extra Strength Tylenol 500mg unless you are allergic or have medical conditions that prevent taking these medications.
- If needed, you can use desensitizing toothpaste, such as Crest Sensitivity, Colgate Sensitive Pro-Relief, or Sensodyne.
- Avoid toothpaste with “whitening” or baking soda, as this will increase the sensitivity

Periodontal Maintenance

Your gum health must be maintained with proper home care, as instructed, and regular dental visits. After scaling and root planing or “deep cleaning” procedures, more frequent re-care appointments usually in 3 month intervals are recommended. These appointments allow the hygienist to disrupt the bacteria and remove deposits above and below the gum line in order to help maintain pocket depths and prevent any further bone loss.

- **Returning for the recommended periodontal maintenance visits every 3 months is critical to prevent disease progression. Failure to return for regular periodontal maintenance visits may result in worsening of my condition, including eventual tooth extraction and/or loss.**
- **If your condition does not improve, you may need further treatment with a gum specialist called a Periodontist.**
- **Periodontal maintenance may not be covered at 100% and/or more than two (2x) per year depending on your insurance benefits. Regardless of insurance coverage, you are advised to maintain a 3 month interval to prevent periodontal disease progression.**