

PATIENT INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING:

Following scaling and root planing, you can expect to notice less redness, less bleeding and less swelling of your gum tissue. Your mouth will taste better and feel better. Your gum health can then be maintained with proper homecare and regular professional care.

DISCOMFORT: Discomfort or pain should not be severe and should subside in a few hours, definitely within a few days. Discomfort immediately after treatment is usually associated with slight tingling or aching and occasionally may be uncomfortable. This discomfort usually dissipates within four hours.

TOOTH SENSITIVITY: Teeth may be sensitive to temperature changes and /or sweets. The sensitivity to temperature may be noticeable during the first several days and usually diminishes quickly. Application of a desensitizing fluoride may be recommended.

BLEEDING: Some slight gum bleeding may occur during the next several brushings but the bleeding should steadily decrease.

APPEARANCE: As the gums heal they may change their shape around the teeth. This is normal as they tighten with decreased inflammation.

INSTRUCTIONS TO MINIMIZE SYMPTOMS:

DIET/EATING

If extensive root planing was performed, chewing hard foods may be uncomfortable; this should last no longer than a few days. A diet of a softer consistency would be advised until chewing becomes more comfortable. It is best to avoid spicy foods.

DISCOMFORT/SENSITIVITY

If local anesthesia was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Acetaminophen 500mg or a non-aspirin (600mg. ibuprofen) analgesic should be taken as recommended (every 4-6 hours) to reduce discomfort. If tooth sensitivity is severe and prolonged, professional application of a desensitizing agent may be required.

ORAL HYGIENE

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third or fourth day, normal oral hygiene techniques may be resumed. Mouth rinsing is recommended with an antimicrobial or warm salt water.

If any problems arise feel free to call the office.