

Post-Op Root Planing

You have just had "Root Planing" performed in one area of your mouth.

The purpose of this treatment is to remove bacterial plaque and calcified tartar beneath the gumline with the use of hand scalers and/or ultrasonic scaling.

The root surfaces are smoothed (or "planed") which allows the gum tissue to heal and reattach to the tooth. This should reduce the depth of the gum "pocket", improve gum health, and make cleaning easier and more effective. We have also used an antibacterial irrigating solution to help control bacteria in the pockets surrounding the teeth. Waiting one hour before eating, drinking, or rinsing your mouth is recommended.

Frequently, we use local anesthetic to minimize the discomfort during the procedure. When it begins to wear off, you may experience some tenderness in your gums. If anything, a mild pain reliever such as Advil or Tylenol will assure comfort. Slight bleeding may persist from the gums for a short time. Warm salt water rinses may be used to enhance healing for the first day or two.

Your daily home care is a critical to your success. We encourage you to follow the hygienist's instructions regarding the use of your brush, floss, or other dental cleaning aids given for your particular situation.

Down the Road:

Following the completion of the scaling and root planing treatments, we will set up your next periodontal cleaning, usually 3 to 4 months away. This is more involved than a regular cleaning, but without anesthetic and less involved than root planing. The frequency and the cost of these cleanings depends on your progress towards health and the extent of gum disease.

Prevention and control of periodontal (gum) disease requires a combination of good oral hygiene at home and regular professional cleaning and evaluation. We are dedicated to helping you achieve the highest level of oral health possible.