

AFTER YOUR PERIODONTAL SCALING AND ROOT PLANING PROCEDURE

Congratulations, you are on your way to a healthier mouth. Eliminating active infection in your gum tissue and maintaining a healthy mouth for the rest of your lifetime is one of the most important things you can do for your body.

WHAT TO EXPECT:

Some discomfort, bleeding and/or swelling are expected after having periodontal treatment.

CARE OF YOUR MOUTH:

Rinse your mouth 2-3 times a day with warm salt water: one teaspoon of table salt per 8 oz of warm water. Continue for at least 2-3 days following your procedure. A medicated antibacterial rinse may be dispensed to help promote gum healing.

DISCOMFORT:

Your gums may feel "achy" or sore. For mild pain after the numbness wears off, you can take 2 Tylenol, Motrin, or Advil (avoid Aspirin) every 6 hours, unless contraindicated. Sensitivity to cold food or drinks may occur for the next 24 hours. Be sure to use a fluoride toothpaste or rinse to help re-mineralize teeth and relieve tooth sensitivity. There are a few over-the-counter or prescription strength fluoride, calcium and potassium nitrate oral care products that can help you desensitize and strengthen your teeth. Please let us know if you experience discomfort and we can help you find the right product for you. Some patients may feel no discomfort after treatment.

BLEEDING OR SWELLING:

Light bleeding following procedure is normal. Swelling or jaw stiffness occur very rarely. A warm moist towel can be used to help relieve swelling/stiffness for about 15 minutes on and 15 minutes off for a few days following treatment.

BRUSHING:

You may gently brush the area this evening. Return to normal gentle circular brushing tomorrow. Remember, never brush with a medium or hard bristle toothbrush or in an aggressive manner.

FLOSSING:

Please refrain from using floss today and tomorrow morning. However, start flossing every day after day two of your treatment. Remember, brushing alone will only remove part of the bacteria and plaque that is growing on your teeth everyday. You need to floss everyday to remove the harmful bacteria and plaque growing on the roots of your teeth below your gum line to promote healing and prevent relapse.

DIET:

Your next meal should consist of only soft foods. Avoid any hard or crunchy foods for the next 3-4 days (popcorn, chips, pretzels).

SMOKING:

Now is a great time to quit smoking. In the very least, do not smoke following your scaling and root planning procedure for at least 24 hours. Tobacco smoke will prolong or discourage the healing process.

PERIODONTAL MAINTENANCE PROCEDURE:

Now that you have taken this important first step to a healthier mouth and body, you will need to continue treatment to control and remove any active infection in your gum tissues. Periodontal Maintenance Procedures are recommended every 3 months following Scaling and Root Planing to monitor your progress and to remove bacteria from deeper pockets to prevent a relapse or re-infection.

IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE.