



Scaling and Root Planning: Post-Operative Instructions

PLEASE READ and follow these procedures. They will make you more comfortable and minimize any possible post-treatment complications.

FOLLOWING TREATMENT: 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. Your gum health must be maintained with proper homecare, as instructed, and regular professional care. When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.

CARE OF YOUR MOUTH: Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing and rinsing with recommended products are critical. Use Listerine, Crest Pro-Health, or if prescribed, Peridex (Chlorhexidine). Rinse your mouth with the prescribed 0.12% Chlorhexidine rinse as labeled; (1/2oz gently swish 30 seconds after tooth brushing, twice daily). You may also use warm saltwater 2 or 3 times per day to remove food debris and provide a soothing effect to the gums; (One-teaspoon salt/8 oz. water.) Be careful not to aggressively and overzealously floss your teeth. NO shoe shining or rocking techniques when flossing, as this may lead to irreversible damage to the gums between your teeth.

ANTIBIOTIC: An antibiotic (Doxycycline 100mg tablet, taken twice daily) will be provided for select patients to increase the benefits of scaling and root planing and/or decrease the potential for post treatment complications, such as infections.

DISCOMFORT: It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where the anesthetic was administered. Additionally, it is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This occurs as the gum tissue heals and shrinks in size. Brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.

BLEEDING: Some slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease after two or three days.

EATING: For the next 3-4 days, a soft diet is recommended; chewing on the opposite side. **Avoid** any spicy, hard or "crunchy" foods like Fritos, Potato chips, Popcorn, etc.

SWELLING: Very seldom does swelling or jaw stiffness occur, however if it does, place warm, moist towels to the face in the area of stiffness.

SMOKING: Please do not smoke following scaling and root planning procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 24 hours or longer. In most cases, only one half of the mouth is treated at a visit. Please remember to keep all appointments to complete the treatment on the opposite side, and all follow-up appointments thereafter. If any problems arise feel free to call the office, we will be notified of your needs and promptly return your call.