

PATIENT INSTRUCTIONS FOLLOWING SCALING & ROOT PLANING

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

DISCOMFORT:

Discomfort should not be acute and should subside in a few hours, definitely within a few days. Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort should subside within a few hours.

TOOTH SENSITIVITY:

Teeth may be sensitive to temperature changes and or sweets. The sensitivity to temperature should noticeably decrease within the first several days. Applying of a desensitizing fluoride may be recommended.

APPEARANCE:

As the gums heal, they may change their shape around the teeth. This is normal as they heal and tighten.

INSTRUCTIONS TO MIMIMIZE SYMPTOMS-

DIET/ EATING:

If extensive root planing was performed, chewing hard foods such as meat or raw vegetables may be uncomfortable; this should last no longer than the first few days. A diet of a softer consistency is advised until chewing becomes more comfortable.

DISCOMFORT/SENSITIVITY:

If a local anesthetic was used, avoid chewing foods until the feeling returns to avoid injury to the tongue or cheeks. Acetaminophen or a non-aspirin should be taken as recommended to reduce discomfort. If the sensitivity is severe and prolonged, using a desensitizing toothpaste that contains potassium nitrate may be helpful.

ORAL HEALTH:

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third day or so, normal oral hygiene techniques may be used. Mouth rinsing is recommended with either an anti-microbial rinse, or a warm salt water rinse. Do not rinse more than a few times daily for 1-2 weeks.

SPECIAL INSTRUCTIONS:

If symptoms are severe or persistent, please feel free to phone us immediately.