



Post Operative Instructions Following Scaling and Root Planing-

Scaling and root planing is a non-surgical treatment of a periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line, which causes bone loss. The goal is to produce clean, smooth, healthy teeth and roots, which will promote healing of the inflammation and infection that causes gum disease.

Medications:

Take any prescribed medication as instructed from the day of treatment.

For any pain, please see our pain protocol sheet.

Discomfort:

Slight swelling of the treated area is not unusual. You may also experience chapping of the lips and jaw soreness.

- A reusable ice bag, wrapped in a soft towel, may be applied to the area to help minimize the swelling. Alternate 20 minutes on and 20 minutes off, will usually be adequate during the first 24-48 hours after the procedures.
- Two days after treatment, moist heat will help resolve minor swelling. If after 72 hours, you experience major swelling please call our office to discuss with our hygiene team.

You may experience some tooth sensitivity, especially to cold. Sensitivity usually decreases within a few weeks and can be minimized by keeping the area as free from plaque as possible and using a sensitivity toothpaste. If the sensitivity is extreme, please contact our office to discuss options with our hygiene team.

Bleeding:

Minor bleeding, such as a pinkish tinge to your saliva may occur during the first 48 hours following scaling and root planing. Avoid extremely hot foods for the rest of the day as this will often prolong the bleeding. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes without looking to see if the bleeding has stopped. If bleeding increases or occurs past the initial 48 hours, please call our office to talk with our hygiene team and receive further instructions.

Eating/Diet:

You may eat as tolerated after the numbness has worn off. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips, fruits and veggies with seeds), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc are great food options. Be sure to maintain adequate nutrition and drink plenty of fluids.

Home Care:

Resume your home care regimen of brushing twice a day for two minutes with a new, soft bristled toothbrush after treatment with daily flossing after the 1st day following treatment (be gentle with the area that was recently treated). A rubber tip stimulator or perio aid may have also been recommended to use daily. Your gum health must be maintained with proper home care, as instructed, and regular dental visits are vital. If recommended by your hygienist, a WaterPik may be used.

- Your hygienist may recommend and give you instructions for use of a specific mouth rinse. (Dioxi Rinse/Peridex/Essential Smiles/ Gum and Tooth Tonic). Please follow the instructions given and with any questions, please call our office.

Smoking is not advised during the first 24-48 hours after scaling and root planing. Tobacco use can decay and may prevent healing of the treated tissue

Routine Care:

It is important to allow your tissue time to heal, and you should be scheduled for a “tissue check” at about 6 weeks post op from your scaling and root planing. It is also important to maintain your 3-month perio maintenance cleanings to decrease your bacteria load.

****For further questions and/or concerns please contact our hygiene team****