

Post Operative Instructions for Scaling and Root Planing



PERIODONTICS, DENTAL IMPLANTS,
AND COMPLEX CASE MANAGEMENT

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- **After the Appointment:** You may be numb for a period of time following the procedure. When the anesthetic wears off, the gum tissue may be slightly tender. Approximately 2/3 of our patients do not require any medication for discomfort. If you are experiencing some discomfort, Tylenol or Ibuprofen may be taken. Plan on normal daily activities following the appointment.
- **Sensitivity:** Some individuals experience sensitivity to temperature extremes (usually cold) following the scaling and root planing. Sensitivity to cold is actually a good sign. When the gum tissue heals and the swelling from the infection resolves, the tissue shrinks or recedes somewhat. This exposes a portion of the tooth that has not been exposed to the environment in your mouth. It may take anywhere from 2 weeks to 2 months for the newly exposed surfaces of the teeth to accommodate to these thermal changes. Fluoride gel may be given for cold sensitivity.
- **Recession:** The goal of scaling and root planing is to improve the health of the gum tissue. Gums that are swollen, inflamed, and infected are diseased. This treatment will, with good home care, shrink and tighten the gum tissue. You may notice that the roots of your teeth will be more exposed, and that there may be increased spacing between your teeth with healing.
- **Oral Hygiene:** Proper oral hygiene is an essential part of optimal healing. Use an extra soft toothbrush for the first 24 hours after scaling and root planing. Then switch to a regular soft toothbrush, flossing and using a rubber tip. This is very important to the healing process. Other aids may be given to you to help in your oral hygiene needs, such as the end tuft brush, proxy brush or floss holder. On occasion we may use a periodontal rinse or antibiotic to help reduce inflammation that may be present.
- **Re-evaluation Appointment:** You will be scheduled for a re-evaluation appointment in about 6-8 weeks at completion of all the scaling and root planing. This appointment is very important, we will determine if your periodontal disease is under control, and the extent of healing that has occurred.
- **Questions or Concerns?** Please call the office if you have any questions or concerns about your treatment. Our trained staff will be happy to help you in any way.