PATIENT INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING

After scaling and root planing, you can expect to notice less redness, less bleeding and less swelling of your gum tissue. Your mouth will taste better and feel better. Your gum health can then be maintained with proper home care and regular visits with the hygienist.

DISCOMFORT

Mild discomfort from this procedure is common but shouldn’t last more than a couple days. If a local anesthetic was used, avoid chewing foods until the feeling returns to avoid injury to the tongue or cheeks. You may use Acetaminophen or Ibuprofen as recommended for reduce soreness.

TOOTH SENSITIVITY

Your teeth may be sensitive to temperature changes and/or sweets for a little while. The sensitivity to temperature may be noticeable the first several days and usually diminishes quickly. Fluoride and mineral therapy is a great to treat touchy root surfaces and we have several prescription products available to you.

BLEEDING

Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease. You may notice also that your gums bleed when you floss. Again, this bleeding should be less each time.

APPEARANCE

As the gums heal they may change their shape around the teeth. This is normal as they tighten around the neck of the tooth. New spaces are common so it’s important to keep these areas super clean.

DIET/EA TING

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

ORAL HYGIENE

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third or fourth day, normal oral hygiene techniques may be resumed. Mouth rinsing is recommended with either a rinse we prescribed or warm salt water.

*As always, feel free to call us if you are unsure about any of these instructions or if symptoms persist*