



## Post Scaling and Root Planing Instructions

Please read and follow these instructions in order to prevent complications and to provide patient comfort. Your gums will likely be tender for the next few days but should improve over the course of a few weeks.

**Anesthetic:** Numbness will remain for a few to several hours after the completion of the procedure. Drinking may be difficult due to the loss of feeling. Avoid eating until feeling returns to avoid injuring your lip or tongue.

**Bleeding:** Slight bleeding is natural at this stage of healing; don't let it alarm you. Apply pressure with gauze or a wet tea bag.

**Discomfort:** Ibuprofen or Tylenol is normally sufficient for any discomfort. Follow dosage recommendations on the product labels. DO NOT TAKE ASPRIN unless directed by your physician, as it may increase bleeding or prolong the healing time.

**Rinsing:** Rinse your mouth 2-3 times per day with warm salt water. Mix one teaspoon of salt with 8 oz. of water.

**Swelling:** Swelling or jaw stiffness occur very rarely. If stiffness does occur, place warm moist towels to the face in the area of stiffness and take Ibuprofen to help relax the joint. You may also alternate the warm towels with ice.

**Eating:** Your next meal should be soft. Avoid any hard foods like chips or tough meats and spicy foods.

**Tooth sensitivity:** Sensitivity to cold or touch may temporarily occur. If this occurs, brush your teeth well then apply a dab of sensitive toothpaste (Sensodyne or Crest Sensitivity) directly onto the teeth of concern. After applying the toothpaste, avoid rinsing, eating or drinking for 30 minutes. Do this several times a day as needed.

**Care of your teeth:** It is essential that you keep the teeth as clean as possible/bacteria-free after your visit to allow for optimal healing. If gum tissues are tender, continue to brush your teeth gently by using small circular strokes along the gum line. Brush twice daily for two minutes, floss, and use mouthrinse if directed by the hygienist.

**Negative habits:** Avoid smoking and alcohol consumption since they can be barriers to effective healing.

Several days after treatment your gums should begin to appear pink, less swollen, and will bleed less when brushing and flossing. These are all signs of healing and improvement of your periodontal health.

The hygienist will evaluate your tissues for improvements in 4-6 weeks after scaling and root planing. At this appointment the hygienist will get measurements, remove any additional calculus/tarter that redeveloped or was hidden, and polish your teeth. The hygienist will discuss future periodontal maintenance appointments to help maintain and stabilize your periodontal condition.

If any problems arise or you have questions, please call our office at (515) 224-4867.