



## Post Operative Scaling and Root Planing Instructions:

1. When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where the anesthetic was administered.
2. It is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This occurs as the gum tissue heals and shrinks in size. Brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.
3. Teaspoon salt to glass of warm water). Repeat this several times daily. On the morning after the treatment, rinse mouth with warm salt water (1/2
4. Smoking should be avoided for a minimum of 24-48 hours because it deters healing. In addition, smoking will stop the progress of healing from the scaling and root planing and make stable maintenance of periodontal disease difficult. Smoking cessation is highly recommended.
5. For a few days, a soft diet is recommended and you should chew on the opposite side of the treatment site.
6. Following scaling and root planing, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better. Your gum health must be maintained with proper homecare, as instructed, and regular professional care.
7. In most cases, only one half of the mouth is treated per visit. Please remember to keep all appointments to complete the treatment on the opposite side as well as all follow-up appointments thereafter.
8. If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you at your appointment.
9. Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing and rinsing with recommended products are critical. Use Listerine, or if prescribed, Peridex (Chlorhexidine).
10. Once scaling and root planing is completed, the maintenance appointments are essential for adequate healing and proper maintenance. When maintenance appointments are not kept, it is likely that patients will require another sequence of scaling and root planing.