

## **Post-Operative Instructions For Scaling and Root Planing**

Following scaling and root planing, you can expect to notice less redness, swelling and inflammation of your gum tissue. Your mouth will feel better and taste better. After completing all recommended treatment, it is important to maintain good oral health with proper and consistent brushing, flossing and use of rinses as prescribed. ***It is critical to maintain the appointment schedule recommended by the hygienist.***

**Discomfort** – Discomfort or pain should not be acute and should lessen a few hours after treatment within 72 hours. Discomfort immediately following treatment is usually associated with slight throbbing and aching and general tenderness in areas where advanced periodontal disease was present. Ibuprofen is effective for reducing pain or a prescription may be given to you after treatment.

**Tooth Sensitivity** – Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable the first several days and usually diminishes quickly. Application of a desensitizing fluoride may be recommended.

**Bleeding** – Some slight bleeding may occur during the next several brushings, but should decrease with time.

**Appearance** – As the gums heal, they may change shape around the teeth. They should appear less bulbous and red, and should tighten around the teeth. This is a positive result of treatment and is part of the healing process.

**Eating** – Do not eat any food until the effects of the local anesthetic (numbness) is gone. If deep or advanced root planing was performed, chewing hard foods may be uncomfortable; this should last no more than a few days. Adapt your diet accordingly, making sure you get plenty of nutrition in the days following your treatment.

**Oral Hygiene** – Brush your teeth two to three times per day making sure to brush the gums with a gentle circular motion. This increases blood flow to the gums and promotes good tissue health. The first few days following treatment your gums may be sensitive so brush gently to avoid discomfort. Always floss prior to brushing.

Please call the office if symptoms are severe or persistent or if you have any negative reactions to medications.