



POST-OP INSTRUCTIONS

GUM INFECTION THERAPY (SCALING AND ROOT PLANING)

After completion of scaling and root planing, it is important to follow these instructions to promote comfort and successful healing.

ANESTHESIA

Depending on the anesthetic used, the feeling of numbness will wear off anywhere from 30 min up to 4 hours. Until then, avoid hot foods or liquids and be cautious of chewing. This is to prevent accidentally burning or biting of the lips, cheeks, inside of your mouth or tongue.

SORENESS

If you experience soreness or tenderness around your gums or jaw after the procedure, incorporate a soft food diet and minimize chewing on treated side. Rinse mouth with warm salt water -1 teaspoon/glass 3-4 times a day for a week. Soreness should gradually decrease over the next day or two following treatment.

SENSITIVITY

Your teeth may be sensitive to temperatures for a temporary period following this procedure and is normal. If the sensitivity doesn't subside after a few days, we recommend using a desensitizing toothpaste.

MEDICATION

If pain medications, antibiotics or a special mouthwash were prescribed, please follow instructions provided carefully. Pain medication should be started before anesthesia wears off to minimize discomfort. Most scaling and root planing will only require over-the-counter pain medication like Ibuprofen, your dentist or hygienist will advise dosage based upon your specific needs.

INCREASE EFFECTIVENESS OF SCALING AND ROOT PLANING THERAPY

- Avoid alcoholic or hot/spicy foods until gums have healed
- DO NOT use tobacco products, recommended 72 hours
- Brush and floss lightly first 24 hours, and regularly at least 2 times a day after
- Follow up with your dentist/hygienist as recommended for maintenance visits

IF YOU THINK YOU HAVE ANY OF THE FOLLOWING COMPLICATIONS, PLEASE CALL OUR OFFICE IMMEDIATELY:

- A reaction to the prescribed medication
- Bleeding or increasing discomfort in the area surrounding the area longer than a week