

Scaling and Root Planing Therapy Post-Operative Care Instructions

Scaling and root planing is a therapeutic procedure indicated for patients with periodontal disease that have accompanying loss of periodontium (gum tissue and bone) attachment. The first two weeks following your treatment is critical. Your teeth need to be cleaned thoroughly twice a day to keep the bacteria under control. If plaque bacteria are present for 24 hours, it forms a more destructive bacteria and may decrease healing.

- If local anesthetic was administered, avoid chewing food or gum until the anesthetic wears off. Be careful not to bite or chew your lip, cheek, or tongue.
- You may rinse your mouth with warm salt water (1 tsp. salt in 8 oz. of water) every hour for the remainder of the day.
- If not allergic or contraindicated, you may take 200mg – 600 mg ibuprofen (Motrin) with food for any tenderness. Do NOT take aspirin.
- Eat a soft healthy diet like yogurt, cooked eggs, or cool smoothies.
- Do NOT smoke or chew tobacco for 72 hours after the procedure.
- Gently brush and floss your teeth after each meal.
- Use your Chlorhexidine and fluoride toothpaste as instructed to keep the area clean and free of bacteria that causes plaque and calculus (tarter).
- Your teeth may be sensitive to hot and/or cold beverages and food-it will improve over time.
- Use Colgate Sensitive, Sensodyne or Clinpro 5000 (prescription fluoride toothpaste) to help with tooth sensitivity.

Your homecare is critical to the success of periodontal treatment. Please call the office if you have any questions or concerns about your treatment or post- operative Instructions.