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Scaling and Root Planing Post Op Instructions

- 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 home care, as instructed, and regular professional care.
- 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.
- 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. Mild bleeding may occur, spontaneously for the first 24 hours and on stimulation for the first few days. In addition, the gingival tissue (gums) may be tender to the touch for several days.
- For a few days, a soft diet is recommended, chewing on the opposite side.
- 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).
- If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you at your appointment.
- In most cases, only one half of the mouth is treated at a visit. Please remember to keep all appointments to complete the treatment on the opposite side, and all follow-up appointments thereafter.