

## Patient Post – Scaling & Root Planing Instructions:

- Because a local anesthetic 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 lips while numb. It is recommended that you take some ibuprofen if permitted by your Dr. (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.
- For a few days, a soft diet and chewing on the opposite side is recommended. Avoid crunchy, sticky, spicy or acidic foods for the first 2-3 days as this will help with the healing process.
- Avoid smoking 7-14 days following the deep cleaning procedures, as smoking will delay the healing of your gums.
- Minor bleeding may occur during the first 48 hours. Brushing, flossing and rinsing with recommended products are critical. Warm salt water rinses are suggested to help with healing along with an antimicrobial mouth rinse such as Chlorhexadine or an over the counter rinse like Listerine.
- 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 a fluoride rinse may help alleviate this over time. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.
- 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, as well as follow-up appointments thereafter. Following scaling and root planing, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your gum health must be maintained with proper homecare, as instructed, and regular professional care.

## What happens after scaling and root planing?

- After you have finished your scaling and root planing, regular cleanings are no longer effective. The American Dental Association refers to post- scaling and root planing cleanings as periodontal maintenance. These periodontal maintenance visits are not considered regular cleanings due to the nature of disease control. The bacteria causing periodontal disease re-establishes itself in as little as 90 days and it is critical to disrupt this process in order to disable the destructive process. There is no cure for periodontal disease, it can only be managed or controlled. The successful long-term control of periodontal disease depends upon active and continuous maintenance therapy.