

After Care Instructions

Scaling and Root Planing

- 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 homecare, as instructed, and regular professional care. *Infections are rare, but do occur. If you notice that bleeding, pain and gum swelling are increasing a few days after your procedure, please call our office.
- 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 your 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 2-3 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.
- For a few days, a soft diet is recommended.
- 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.

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