

PATIENT INSRUCTIONS FOLLOWING SCALING AND ROOT PLANING

Following scaling and root planing, you can expect to notice less redness, less bleeding and less swelling of your gum tissue. Your mouth will taste and feel better. Your gum health can then be maintained with proper homecare and regular professional care.

DISCOMFORT

Discomfort or pain should not be acute and should subside in a few hours, definitely within a few days. Discomfort immediately following treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about four hours.

TOOTH SENSITIVITY

Teeth may be sensitive to temperature changes and/or sweets. This sensitivity to temperature may be noticeable the first several days and usually diminishes quickly. Application of a desensitizing fluoride may be recommended.

BLEEDING

Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease.

APPEARANCE

As the gums heal they may change their shape around the teeth. This is normal as they tighten and become healthier.

INSTRUCIONS TO MINIMIZE SYMPTOMS

DIET/EATING

If extensive root planing was performed, chewing hard foods, such as meat or raw vegetables may be uncomfortable; this should last no longer than a few days. A diet of softer consistency foods would be advised until chewing becomes more comfortable.

DISCOMFORT/SENSITIVITY

If a local anesthetic was used, avoid chewing food until feeling returns to avoid injury to your tongue or cheeks. Acetaminophen or non-aspirin analgesic should be taken as recommended for reducing discomfort. If tooth sensitivity persists, use a desensitizing toothpaste containing potassium nitrate. If the sensitivity is severe and prolonged, professional application of a desensitizing agent may be required.

ORAL HYGIENE

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third or fourth day, normal hygiene techniques may be resumed. Mouth rinsing is recommended with either of the following solutions: 1) antimicrobial rinse 2) warm salt water rinse. Use of either of these should be limited to one or two consecutive weeks.

SPECIAL INSTRUCTIONS

If symptoms are severe or persistent, please call our office immediately at 602-439-1101