



SCALING AND ROOT PLANING POST OPERATIVE INSTRUCTIONS

Scaling and root planing therapy is a procedure that involves removing bacterial plaque and tartar from the root surface below the gumline with instruments and ultrasonics. The goal of this treatment is to allow reattachment of the gums to the clean root surface and to shrink the periodontal pockets to levels that can be maintained by daily flossing and brushing. The following guidelines have been prepared for you in order to maximize healing and minimize any discomfort. During the first 24 hours, to minimize bleeding from the gum tissue and to keep any discomfort or sensitivity to a minimum, we recommend:

- Be careful until anesthesia wears off.
- No drinking through a straw or sucking motions.
- Do not smoke. It's better to refrain for 48 hours.
- Drinking alcoholic beverages may impede the healing process.
- Avoid foods that are extreme in temperature or spicy.

Things to Do:

- You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as ibuprofen (Advil) or acetaminophen (Tylenol).
- Eat a well-balanced soft diet for today. You may chew on the side opposite to the treated area until it is comfortable to chew normally on the treated side.
- Switching to a "sensitivity toothpaste," such as Sensodyne, may help to alleviate any potential root sensitivity.
- After flossing and brushing, **rinse with chlorhexidine gluconate (Peridex), if it is prescribed, for at least 30 seconds.** Do this 1-2 times daily. Listerine Total Care and ACT with Fluoride are recommended mouthwashes for daily use after healing.
- Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health. If you have any questions or problems, please call our office.
- Lastly, our office highly recommends the use of an **electric power toothbrush** (i.e., Sonicare) as your regular "every day" toothbrush, to be used for at least **2 minutes, 2 times per day, along with daily flossing and rinsing.**