



### **POST-OPERATIVE INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANNING**

Following scaling and root planning, you can expect to notice less redness and less bleeding of your gum tissue. Your mouth will taste better and feel better. Your gum health will increase with proper home-care and regular professional care.

#### **DISCOMFORT:**

Discomfort or pain should not be severe and should subside in a few hours, definitely a few days. Discomfort immediately after treatment is usually associated with slight throbbing or occasionally may just be uncomfortable. This discomfort usually dissipates within four hours.

#### **TOOTH SENSITIVITY:**

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable during the first several days and usually diminishes quickly. In some cases, application of desensitizing fluoride may be recommended.

#### **BLEEDING:**

Some slight bleeding may occur while you brush your teeth the next several times, but the bleeding should steadily decrease.

#### **APPEARANCE:**

As the gums heal, they may change their shape around the teeth. This is normal as the gums will tighten with decreased inflammation.

### **INSTRUCTIONS TO MINIMIZE SYMPTOMS:**

#### **DIET/EATING:**

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

#### **DISCOMFORT/ SENSITIVITY:**

If local anesthesia was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Acetaminophen or a non-aspirin analgesic should be taken as recommended to reduce discomfort. If tooth 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 and fourth day, normal oral hygiene techniques may be resumed. Mouth rinses are recommended with either of the following solutions:

- a.) an antimicrobial rinse such as Chlorhexidine or Listerine
- b.) a warm salt-water rinse.

Use of either of these rinses should be limited to one to two cc.

#### **\*\*SPECIAL INSTRUCTIONS:**

If symptoms are severe or persistent, please call our office immediately, 847-864-8151.