



Post-operative instructions after gum treatment /scaling/root planning

Concept/Goal of Treatment

- Scaling and root planning is a non-surgical treatment of periodontal disease. The purpose of the
- treatment is to remove bacterial plaque and tartar from around teeth and under the gum line,
- Which is causing bone loss.
- The goal is to produce clean, healthy teeth and roots, which will promote healing of the inflammation and infection that causes gum disease.

Eating and food restrictions

- After scaling and root planning, avoid eating anything on the area being treated for two hours or
- Until the anesthetic has worn off completely.
- It is easy to bite or burn your cheek, tongue or lip while numb. Avoid any hard , crispy crunchy foods, nuts and seeds for the next several days.

To relieve pain/sensitivity

- To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. If you are
- Prescribed mouthwash containing Fluoride and Chlorhexidene, use as directed.

Brushing/flossing instructions

- Resume your home care regimen of brushing twice a day with a soft bristled toothbrush and
- Daily flossing immediately, but be gentle with the area recently treated.
- Your gum health must be maintained with proper home care, as instructed, and regular dental visits. You may use a Water Pik if recommended.

- It is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets.
- This is normal. This occurs as the gum tissue heals and shrinks in size and should gradually
- Resolve in a few weeks with proper home care.
- Consistently brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may alleviate this over time.
- Avoid toothpastes with “whitening” or baking soda, as this will contribute to the problem.

Desensitizing agents/fluorides is required

- If sensitivity continues or is severe, professional application of a desensitizing agent may be required.

Avoid smoking

- Refrain from smoking for 24 to 48 hours after scaling and root planning as tobacco will delay
- Healing of the tissues. Smoking cessation is highly recommended.

Follow up

- Your teeth may feel smoother and your mouth will taste and feel better.
- We will look forward to seeing you for your regular periodontal maintenance to keep up with what we just accomplished together.
- If you have further questions, persistent discomfort or swelling please contact us at:

Orofacial Professionals

0321-8299789