

Post Operative Instructions Following Periodontal Scaling and Root Planing

Eating

We used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth and/or tongue may last for several hours after the procedure. You should avoid any chewing until the numbness has completely worn off to avoid damage to your lips, tongue, and cheeks.

Pain

- For the first few days after your appointment, you may have some discomfort or sensitivity in the tooth and gum tissues in the area that was treated, especially if there was pain and infection prior to the treatment. To control discomfort, we recommend that you take an over-the-counter pain reliever such as ibuprofen or acetaminophen. Follow label directions.
- You can use warm salt-water rinses alternating with an anti-microbial rinse (Peridex) to give relief from any soreness and to help keep the area clean and free of any loose debris. Peridex can be obtained from our office.

Continued Care

- Scaling and root planing is the first step in the treatment and prevention of periodontal disease.
- The success of your treatment depends on keeping a schedule of frequent cleaning appointments and maintaining your home care during and after your root planning procedure.
- We will check the health of your tissues by re-probing the pocket depths after your root planing. We will then put you on a three or four month recall to prevent the reoccurrence of periodontal disease.

In case of problems or if you have any questions, please call the office.