



## **Post Op for Scaling & Root Planing (Deep Cleaning)**

### **What to expect after the appointment:**

It is normal for your gums to feel slightly sore for the next 3 days after your scaling and root planing treatment. If local anesthesia was used to numb the area during treatment, you may feel slight stiffness in your jaw when opening after the numbness wears off for a day or two. It is also normal for your teeth to be somewhat sensitive to cold and/or hot foods and liquids after the treatment.

### **What to do at home after the appointment:**

If you have a stiff jaw and/or soreness, you can take the medication that was prescribed to relieve discomfort. If a medication was not prescribed to you, you may take 2-3 over the counter Advil (ibuprofen) and 2 extra-strength Tylenol (acetaminophen) tablets at the same time, every 4 hours. Rinse 3x daily for the next 7 days with warm salt water and use the prescribed mouth rinse 2x per day to aid the healing and reduce inflammation. Meals after the treatment should consist of soft foods. Avoid eating any small hard foods, such as chips, nuts, popcorn and seeds that may get caught underneath the gums. As you feel more comfortable you can resume your normal eating patterns. Please do not smoke or use tobacco products for at least 72 hours following your scaling and root planing treatment. Tobacco will delay healing, increasing the chance for complications. Use toothpaste made for sensitive teeth, such as Sensodyne, to relieve sensitivity to cold/hot foods. If there is a tooth that is particularly sensitive, place a dab of the toothpaste on the surface that is affected. Do this for 7-10 days and you may start feeling less sensitivity. If this is unsuccessful contact the office and we can apply a desensitizer directly to the teeth. Continue with regular home-care of brushing and flossing daily to prevent bacterial inflammation. In about one week following your scaling and root planing you should notice less redness, bleeding and swelling of your gums, as long as you floss and brush daily. Remember, if significant deposits reoccur scaling and root planing treatment may be required again. Keep in mind that this build up can reoccur in a short period of time without prevention and your insurance benefit may be exhausted; this can lead to out of pocket expense. Preventive effort on your part through brushing, flossing, and frequent recall goes a long way to prevent this from reoccurring.

### **Follow up appointments:**

It is important that you follow the recommended perio maintenance recall we have prescribed in order to maintain the work that was completed today. Without proper maintenance the calculus (the deposit) can reform around and below the gum line. If this occurs scaling and root planing may need to be repeated. The goal here is to control bacterial accumulation. It's all about controlling bacteria and keeping things "squeaky" clean! The presence of bacteria causes disease. No bacteria equals no disease. For some people a follow up appointment is needed 3-4 weeks after scaling and root planing is completed in order to check for healing and pocket reduction.

If you have any further questions don't hesitate to call the office.

