

Instructions For After Scaling and Root Planing - “Deep Cleaning”

Scaling and Root Planing involves removing bacterial plaque and tartar from the root surface below the gum line. This reduces inflammation/infection and allows reattachment of the gums to the root surface. The depth of the periodontal pockets is reduced thus allowing more efficient flossing and brushing. Now that you’ve had scaling and root planing therapy, it’s important that you follow these recommendations for proper healing.

- If needed, you can take acetaminophen (Tylenol) or ibuprofen (Advil) after the procedure to help relieve any soreness.
- A saltwater solution (1/2 teaspoon salt + 8 ounces warm water) swished in your mouth for 2 or 3 minutes every hour may make your mouth more comfortable.
- Use a soft brush at least two times a day and floss once a day. Slight bleeding may occur while brushing as the tissues begin to heal. As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne) or fluoride gel (such as Prevident or Gel-Kam) frequently for a few weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
- Rinse twice daily with the mouth rinse provided to you today. Faithfully use any other oral hygiene aids that have been recommended for you.
- Avoid strong, spicy seasonings and hard, crunchy food for the next few days.
- Smoking should be stopped. The success of the treatment will be substantially reduced by the smoke chemicals in your body.
- Strict follow-up appointments are critical in preventing further progression of periodontal disease.

If you have any concerns, please call us at 281-293-9140