

### **Patient Instructions Following Scaling & Root Planning**

Following scaling and root planning, you can expect less redness and less swelling of your gum tissue. Your mouth will taste better and feel better. The health of your gums can be maintained with proper homecare and regular professional care.

#### **Discomfort**

- Discomfort or pain should be acute and should subside in a few hours, definitely within a few days. Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about four hours.

#### **Tooth Sensitivity**

- Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable the first several days and usually diminishes quickly. Application of a desensitizing fluoride may be recommended.

#### **Bleeding**

- Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease.

### **Instructions to Minimize Symptoms**

#### **Diet/Eating**

- If extensive root planning was performed, chewing hard foods, 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 advised until chewing becomes more comfortable.

#### **Discomfort/Sensitivity**

- If a local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Motrin or Tylenol should be taken as recommended to reduce discomfort. If tooth sensitivity persists, use a desensitizing toothpaste. If the 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 to fourth day, normal oral hygiene techniques may be resumed. Mouth rinsing is recommended with either antimicrobial rinse or warm salt-water rinse.

#### **Special Instructions**

- If symptoms are severe or persistent please call our office immediately. 704-375-7711
- Take 4-200 mg Motrin after anesthetic wears off. This can be alternated with 2-500 mg Tylenol every 4-6 hours.
- Swish with Chlorohexidine 2 times per day for 30 seconds. Use for 2 weeks. Do not eat or drink for 30 minutes after. (a side effect of this rinse is it may stain your teeth if plaque and calculus are present on teeth, this stain will be removed at your follow up appointment in 6 weeks.)
- A 6 week follow-up appointment should be made.