



SCALING AND ROOT PLANING POST OPERATIVE INSTRUCTIONS

Congratulations for taking the first step in getting a HEALTHY mouth!

The success of your treatment is **now dependent on YOU!** 😊

For the next 3-4 weeks (until you return for your Re-evaluation) we need you to **strictly** adhere to following regimen both in the morning and at night before bedtime:

1. Floss all your teeth using c-shaped technique as instructed by your hygienist.
2. Brush all your teeth (front, back and sides- focusing along the gums) at least 2 minutes with a soft toothbrush and Fluoride toothpaste and any recommended mouth rinses.
3. Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues.
4. In most cases, only half the mouth is treated at a visit.
5. Return for your **re-evaluation** appointment. It is part of your treatment. We will check your healing, your gums, your pocketing, and we will polish your teeth. (This appointment is part of your treatment and at no charge to you.)

What to Expect

You can expect to notice less redness, less bleeding and less swelling of your gum tissues. Your teeth may feel smoother, and you will feel better. Taste will improve. Your gum health must be maintained with proper homecare, as instructed, and regular professional care.

When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where your anesthetic was administered.

It is not unusual for teeth to be more sensitive to hot or cold temperatures and sweets. This occurs as the gum tissue heals and shrinks in size. Brushing 2-3 times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time. If sensitivity continues, or is severe, professional application of a desensitizing agent may be required.

For a few days, soft diet is recommended, chewing on the opposite side.

