

## PERIODONTAL SCALING AND ROOT PLANING POST-OP INSTRUCTIONS

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Scaling and Root Planing is an extensive procedure, however, most patients experience little or no postoperative discomfort. The most frequent complaints are slight tenderness of the gums and teeth may be sensitive to cold drinks and foods.

Here are some helpful reminders:

1. Be careful eating while you are numb. Hot foods and drinks, such as soup, pizza, coffee, and tea can seriously burn your mouth. It is easy to bite your tongue and lip while numb.
2. Use warm salt water rinses. 1 tsp salt per 8oz of water several times per day for up to one week. This is soothing and promotes faster healing.
3. Take an anti-inflammatory pain reliever. In most cases, ibuprofen (Advil) will be sufficient to control discomfort. We recommend 600 mg 4 x/day (not to exceed 3200mg). Do not take ibuprofen if you have an allergy or are pregnant.
4. It is imperative that you floss and brush daily. Brushing and flossing daily helps to remove plaque and debris from between your teeth. This is crucial in fighting periodontal disease. Use of a water pick is an excellent tool as is electric toothbrush.
5. Refrain from smoking 24-48 hours to promote healthy healing of gum tissues. Sensitivity Sensitive teeth are very common after treatment and usually resolves in 1-2 weeks.
  - Avoid ice cold drinks and foods while teeth are sensitive.
  - Brushing two to three times daily with sensitivity toothpaste (Crest for Sensitive Teeth® or Sensodyne®) will reduce cold sensitivity. Fluoride rinses like Act® may reduce sensitivity and fight cavities.
  - If sensitivity persists, the dentist may apply a professional desensitizing agent.
  - In rare instances, cold sensitivity may persist.