

Patient Instructions Following Scaling and Root Planing Therapy

Following scaling and root planing therapy, you can expect to notice less redness, less bleeding and less swelling of your gum tissues. Your mouth will taste better, feel better and you will have fresher breath. Your periodontal health can then be maintained with proper homecare and regular professional care.

Discomfort

Occasional discomfort immediately after treatment is usually associated with slight aching due to dilation of the blood vessels in the area. Any discomfort or pain should not be acute and should subside in a few hours. This discomfort can usually be relieved by use of Acetaminophen (**Tylenol**) or a non-aspirin analgesic such as naproxen sodium (**Aleve**) or ibuprofen (**Advil**) taken as recommended.

Tooth Sensitivity

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature changes may be noticeable the first several days and usually diminishes quickly. Application of desensitizing fluoride may be recommended (**Gel-Kam**). If tooth sensitivity persists, use a desensitizing toothpaste containing potassium nitrate (**Sensodyne**). If the sensitivity is severe and prolonged, professional application of a desensitizing agent may be required.

Appearance

As the gums heal they may change their shape around the teeth. This is normal as the inflammation and swelling subside and the gum tissues return to a healthy pink color. Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease.

Diet/Eating

Chewing 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. Use of **multiple vitamins** and especially **vitamin C** would also be helpful to the healing process. If a local anesthetic was used, avoid chewing foods until the sense of normal feeling returns to avoid injury to the tongue and cheeks.

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 or fourth day, normal hygiene techniques may be resumed. Mouth rinsing is recommended with either of the following solutions: 1) an anti-microbial rinse such as **PerioRx** or **CloSysII** or 2) a warm salt-water rinse. Use of either of these rinses should be limited to one to two consecutive weeks. Try to avoid rinses or mouthwashes that contain alcohol since this tends to “dry out” the gingival tissues and slow the healing process. Continue with your normal regimen of flossing—GENTLY!

Special Instructions

If symptoms are severe or persistent, please call our office immediately – (623) 544-0700.