

# Post Procedural Instructions – Scaling and Root Planing (Deep Cleaning)

## DEALING WITH DISCOMFORT/SENSITIVITY

After anesthetic wears off, you may feel some discomfort (slight throbbing/aching). Your gums and/or teeth may also be sensitive to temperature changes, sweets or touch, which is normal. This should subside in a few hours or within a few days.

## BLEEDING

Some minor bleeding is expected for a few hours after scaling and root planing and is no cause for alarm.

## APPEARANCE

As the gums heal they may change their shape around the teeth. This is normal as they tighten & become healthy when properly cared for.

## EATING GUIDELINES

We ask that you avoid eating until all the anesthesia has completely worn off to avoid biting your lip, tongue, cheek. For the first 48 hours we recommend: Eating soft foods (yogurt, oatmeal, mashed potatoes, eggs, pasta, soup, etc) until you can comfortably chew and DO NOT eat or drink anything that is spicy, salty, acidic, very hot or very cold. Also, please do not eat anything hard or crunchy, such as popcorn, seeds, granola, chips, etc, as these foods may fill in the ‘pockets’ that were just cleaned out and will inhibit healing. Again, this is for the first 48 hours.

## HOMECARE

Please use any oral hygiene aids that have been recommended (an electric toothbrush such as Sonicare, medicated rinse, etc). You may begin brushing lightly the 1<sup>st</sup> night with a soft toothbrush. Placing the toothbrush in warm water will help soften bristles. The next day you may begin flossing (*EXCEPT for areas of ARESTIN placement if it was placed*).

Especially after having scaling & root planning, brushing at least twice a day and flossing daily is a NECESSITY, rather than a recommendation. *Your homecare will determine the outcome of success!*

## TOBACCO

Refrain from smoking for at least 24 hours. Tobacco contains chemicals that interfere with healing & make the treatment results less predictable.

## SPECIAL INSTRUCTIONS

Four to six weeks after treatment a re-evaluation appointment is necessary to determine the degree of healing and assess whether a specialist’s opinion is necessary.