



## **Scaling and Root Planning: Post-Operative Instructions**

### **Please read carefully and completely**

Scaling and root planning is a non-surgical procedure used to treat periodontal disease. The purpose of this procedure is to stabilize bone loss and inflammation by removing tarter and plaque, from under the gum tissue. The goal is to attain clean, healthy gums and root surfaces. Once debris is removed, this allows the gum tissue to re-attach to the root surface reducing inflammation and infection.

Please refrain from consuming hot food/drink on treated area until numbness subsides completely if anesthetic was used, as it is easy to bite or burn numb lips, cheeks, and tongue. Avoid hard foods such as popcorn, potato chips, candy etc. for 3-4 days following treatment.

Discomfort immediately following treatment can be managed with Ibuprofen (Advil/Motrin) or Tylenol and should subside within 24-48 hours. Discomfort may feel like throbbing or aching in the gum tissue and/or injection sites.

In order to promote healing of the gum tissue, it is recommended to use a warm salt water rinse 2-3 times daily (1 tsp. salt with 8 oz. water). If an antimicrobial rinse or antibiotic regimen is prescribed, use as directed.

The proper home care regimen is instrumental to success of the procedure and should be resumed as normal following treatment. It is always recommended to brush 2-3 times daily with interproximal cleaning 1-2 times daily. Interproximal cleaning consists of flossing, using water pik and or proxi-brush, please use these items as directed by your dental health care professional.

It is normal to experience hot or cold sensitivity as treated areas start to heal. The gum tissue will shrink as it heals leaving more of the root surface exposed, causing sensitivity in some patients, however this should diminish over time. Using Fluoride containing toothpaste and mouth rinses may help alleviate sensitivity. Avoid whitening toothpastes as these can be abrasive on root surfaces and make discomfort worse. If sensitivity is severe a professional desensitizing treatment may be needed.

It is recommended to refrain from smoking tobacco for 48 hours as this will delay the healing process. It is highly recommended to cease smoking tobacco completely as this is one of the causes of periodontal disease.

Please understand that there is no cure for periodontitis and bone loss does not regenerate on it's own. However with the proper home care by the patient and intervention with professional scaling and root planning treatment, it can be stabilized and maintained. It is extremely important to return for a 6 week re-evaluation of the periodontal tissues, followed by periodontal maintenance appointments every 3-4 months. If infection remains unresolved, a referral to a specialist may be warranted.

If severe symptoms persist or there are any questions please call the office at 773-549-7971. We look forward to seeing you for your future appointments.