



Burman Dental, L.L.C.

Love Your Smile

Post Operative Care Following Scaling and Root Planing

- After scaling and root planning, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better. 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 any chewing until the numbness has completely worn off. It's 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. You may also take Tylenol if you cannot take ibuprofen. This will help with any swelling or pain at the injection sites where your anesthetic was administered.
- It is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This occurs as the gum tissue heals and shrinks in size. Brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time. If sensitivity continues or is severe, please call the office for an appointment.
- For the first few days, a soft diet is recommended; try to chew on the opposite side of the mouth.
- **Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues and to ensure the success of this therapy.** Brushing, flossing, and rinsing with recommended products are critical. Use Listerine, or if prescribed, Peridex (Chlorhexidine). Another great (and inexpensive) way to promote the healing of your gum tissues is to rinse with warm salt water *at least* 3-5 times daily. Add ½ teaspoon of regular table salt to 8 ounces (1 cup) of warm water and rinse for 30 seconds.
- If a localized antibiotic (Arestin®) was placed, please follow the instructions given to you at your appointment regarding brushing, flossing, and rinsing.
- **There is no cure for periodontal disease and that is why it's very important to *manage* this condition to prevent further damage.** In most cases, only one half of the mouth is treated in a single visit. **Please remember to keep your appointment to complete the treatment on the opposite side.** After you've had scaling and root planing on both sides of your mouth, you will need to be seen for periodontal maintenance cleanings every 3 or 4 months. It is of the utmost importance that you keep these appointments to maintain the health of your gums, your overall health, and your dental investment. Any restorative dental work such as fillings, crowns, and bridges are under warranty against breakage as long as you keep your appointments as prescribed.