



SCALING & ROOT PLANING

We hope you are doing well after the scaling & root planing appointment. Afterward, 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 feel better. Your gum health must be maintained with proper home care, as instructed, and regular professional care.

- Your anesthesia will wear off in approximately 1 to 3 hours after the procedure. It is very important not to chew on the numb side (to prevent biting tongue, lip, etc.) until the anesthesia wears off. Maintain a soft diet and/or chew on the opposite side for the day to avoid irritating the area after the numbness has subsided.
- We recommend taking Ibuprofen (Motrin). This is not for pain. Ibuprofen will help reduce the inflammation in the area worked on, and will further eliminate hot, cold and pressure sensitivity if taken as directed. If you are allergic to or cannot tolerate ibuprofen (Motrin, Advil, etc.), please advise us. Do not use ibuprofen for more than one week.
- Brushing two to three times daily with sensitive toothpaste (such as Sensodyne) or rinsing with warm salt water can help reduce pain, tenderness and sensitivity. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.
- Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing and rinsing with recommended products are critical. It is recommended that you floss and brush twice a day for 2 minutes with a fluoride toothpaste.
- Floss often, and curve the floss when you do. In order for flossing to do its job, you have to guide the floss along the natural curvature of the tooth, downward and slightly below the gumline. Most of us simply slide the floss up and down horizontally between our teeth which misses plaque that hides below the gumline. Curving the floss is key. Now that you've had treatment below the gumline, it is recommended to use a WaterPik flosser in addition to regular flossing to help irrigate and flush bacteria from under the gumline. If you have questions regarding oral hygiene instructions, feel free to give us a call or talk to your hygienist at your next hygiene appointment.
- If more quadrants were recommended for deep cleaning, make sure to schedule and keep those appointments.
- Another appointment will be scheduled after your root planing so the doctor can see how your gums have healed. If the pockets are the same or deeper, you may be referred to a periodontist.
- Keep your hygiene appointments. Professional cleanings are far superior to your everyday brushing habit, and are critical to keeping ahead of your periodontal disease. recommend more frequent cleanings and check-ups.

Please call or text us at (707) 963-4611 if you have any questions.