

>>Post-op Care Instructions

for patient:

Scaling and Root Planing

Scaling and root planing is a non-surgical treatment for periodontal disease. The purpose of the treatment is to remove infection, caused by bacterial plaque and tartar, from around the affected teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection causing the disease.

- > Avoid eating until the numbness is completely gone. Avoid eating hard foods, such as tortilla chips, potato chips, popcorn, or seeds, for 7 days.
- > Resume your home care regimen immediately. Brush recently treated areas gently.
- > If antibiotics have been placed directly into the infected areas, do not brush those areas for 24 hours after treatment.
- > Do not floss the treated areas for 10 days, unless food needs to be dislodged between teeth.
- > If you were prescribed Peridex/ Chlorhexidine mouth rinse, use as directed.
- > To help soothe the treated area, rinse your mouth 2-3 times a day with warm salt water. Use one teaspoon of salt for every 3 ounces of water.
- > Take all pain medications as directed. Ibuprofen (Advil/Motrin) or acetaminophen (Tylenol) work well unless you have allergies or other medical conditions which prevent you from taking these medications.
- > Do not smoke for at least 2-4 days. Smoking can interfere with healing. Your scaling and root planing therapy may be a great time to quit smoking permanently.
- > It is not unusual for the teeth to be more sensitive to hot/cold temperatures, and/or sweets. This is normal and should gradually resolve itself within a few weeks with proper home care. Brushing 2-3 times daily with sensitivity reducing toothpaste or using fluoride rinses usually helps. Avoid toothpastes with “whitening” or baking soda, as this may aggravate the treated areas. If sensitivity continues or becomes severe, professional application of a desensitizing agent may be required.
- > You should experience less bleeding and swelling of your gums over time. Breath odor should decrease, and foods should taste better.
- > If you experience any of the following please contact our office immediately: discomfort (pain) that does not decrease with medication, swelling, itching, rash, difficulty breathing, or other symptoms of hypersensitivity or allergic reaction.



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