



## **Post-op Instructions after Scaling and Root Planning**

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 a fluoride rinse may help alleviate this over time. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.

For a few days, a soft diet and chewing on the opposite side is recommended. 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. Use Listerine, or if prescribed, Peridex (Chlorhexidine).

When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the dental scaling appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lips 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. This will help with any swelling or pain at the injection sites where the anesthetic was administered.

In most cases, only one half of the mouth is treated at a visit. Please remember to keep all dentist appointments to complete the treatment on the opposite side, as well as follow-up appointments thereafter. Following 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 home care, as instructed, and regular professional care.