



## **Periodontal Therapy (Scaling and Root planing) Post-Operative Care**

The first five weeks following your treatment are critical. Healing gum tissue is susceptible to bacterial (germ) growth. Your teeth need to be cleaned thoroughly after each meal, to keep the bacteria under control. If plaque bacteria are present for 24 hours, it forms a more tissue destructive bacteria family. Your home care is critical to the success of periodontal treatment.

**Be careful eating until the anesthetic wears off**

**You may rinse your mouth with warm salt water any time**

**You may take ibuprofen, if you are not allergic, for any tenderness that may follow your treatment**

**Your teeth may be sensitive to hot and/or cold**

**Over time sensitivity will usually improve, to reduce this, use desensitizing toothpaste such as ProDenRx (1.1% fluoride) or Sensodyne**

**Fluoride rinses, such as ACT, Oral-B, Colgate or Toms, are also beneficial in reducing sensitivity**

**If you have been prescribed Peridex (Chlorhexidine), take as directed**

Periodontal Scaling and Root Planing is a non-surgical procedure. Don't let it scare you. It is, however, necessary to follow specific instructions to make it more comfortable afterwards. If you experience problems despite following the instructions, please call right away.

**Discomfort?** Some discomfort can be expected when the anesthesia wears off, but not as much as you might expect. Usually discomfort can occur if you brush or during more vigorous chewing. Do not eat chewy foods, such as meats. You can go back to work immediately afterwards with little problem, unless you have significant bleeding (if your gums were severely inflamed and swollen).

Capitola Dental  
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**Care of your mouth afterwards:** Using a soft-bristled toothbrush, clean the outer surfaces of each tooth. Angle the brush along the gum line at a 45° angle. Gently brush in a circular motion. Brush the inside surface of each tooth, where plaque may accumulate most, and the outside surfaces using the circular motion. Use the tip of the brush to clean behind each front tooth, both top and bottom. Then brush the chewing surface of each tooth, gently brushing back and forth.

Floss after lunch and before bed using about 18" of floss, leaving an inch or two to work with. Gently follow the curves of your teeth. Be sure to clean beneath the gum line, but avoid snapping the floss on the gums.