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## Post-Op Instructions after Scaling Root Planing

- 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 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 is easy to bite or burn your tongue and 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. 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, such as Sensodyne, or using fluoride rinses may help alleviate this over time. If sensitivity continues or is severe, professional application of a desensitizing agent may be required. Swelling or jaw stiffness occurs very rarely, however, if it does, place warm moist towels to the face in the area of stiffness.
- Your next meal should be soft. Avoid any hard, crunchy foods like potato chips, popcorn, etc. for the next 3-4 days. Avoid extreme temperatures and spicy food if you can.
- Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing and rinsing with our recommended Oxyfresh products are critical.
- If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you at your appointment.
- In most cases, only one half of the mouth is treated at a visit. We will check your tissues for improvement at your next periodontal appointment in 6-8 weeks. At this appointment we will also clean any debris that redeveloped or was hidden under inflamed tissue previously. Please remember to keep all appointments to complete the treatment on the opposite side, and all follow-up appointments thereafter.