



Periodontal Scaling and Root Planing

POST-OP INSTRUCTIONS



Scaling and Root Planing involves removing bacterial plaque and tartar from the root surface below the gum line. This reduces inflammation/infection and allows reattachment of the gums to the root surface. The depth of the periodontal pockets is reduced thus allowing more efficient flossing and brushing. Now that you've had scaling and root planing therapy, it's important that you follow these recommendations for proper healing.

1. Be careful eating while you are numb. Hot foods and drinks – such as soup, pizza, coffee and tea – can seriously burn your mouth. Also, it is easy to bite your tongue and lip while numb.
2. You may eat as tolerated when the numbness wears off. Preferably soft foods. Avoid spicy, crunchy, and hard foods. Also no popcorn or foods with small seeds.
3. Use warm saltwater rinses (1 tsp. salt per 8 oz. of water several times per day for up to one week). This is soothing and promotes faster healing.
4. Take an anti-inflammatory pain reliever, if needed. In most cases, ibuprofen (Advil) will be enough to control discomfort.
5. It is imperative that you floss and brush daily. Brushing and flossing daily helps to remove plaque and debris from between your teeth. This is crucial in fighting periodontal disease.
6. Refrain from smoking for 24-48 hours after the procedure to ensure healthy healing of gum tissues.
7. In the healing phase after the completion of SRP, the gums will ideally begin to tighten, shrinking the periodontal pockets. Swelling, redness and inflammation will also resolve. As things heal, this tissue tightening/ healing may expose more of your tooth roots than you are accustomed to seeing. This is normal.

Sensitivity

1. Avoid ice cold drinks and foods while teeth are sensitive.
2. Brushing two to three times daily with sensitivity toothpaste will reduce cold sensitivity. Try using Crest for Sensitive Teeth® or Sensodyne®.
3. Fluoride rinses like Act® may reduce sensitivity and fight cavities.
4. In rare instances, cold sensitivity may persist.

Follow Up

Scaling and root planning is the first and most important step in your treatment of periodontal disease. **Strict follow-up appointments are critical in preventing further progression of the disease.** As instructed by your Jet Dental team, please schedule an appointment with a local dentist 3 months from today for your periodontal maintenance follow up care.

If you have any questions or concerns, please call us at 801-430 9262

