Post –Op Instructions following Scaling and Root Planing

Most patients experience little to no discomfort following root planning. However, based upon inflammation and healing response some experience discomfort that lasts a few days. The following steps will lessen or even eliminate discomfort and more importantly aid in healing your treatment area.

If you have received local anesthetic at your appointment take care to avoid biting your lip, tongue or cheek while still numb. If possible, wait to eat until the anesthetic wears off. Be especially careful to avoid hot liquids such as coffee and tea during numbness.

If there is discomfort lasting after anesthetic wears off you may take Ibuprofen or Tylenol if not restricted by physician. Please contact our office if pressure sensitivity increases or swelling appears.

If Arestin antibiotic has been placed refer to hand out instructions for Arestin.

Gently rinse or soak treated area with warm water, if diet permits can use a light saline rinse.

Be gentle when brushing the first 24 hours, may want to avoid electric toothbrush the first day. After 24 hours it becomes more important to keep up your new home care routine. Fluoride is especially important to expedite healing from cold sensitivity on root surfaces. Again if this cold sensitivity persists please contact our office.

*If possible refrain from smoking in the first 24 hours following appointment.

It is critical that you adhere to your hygiene checkup schedule and any follow up appointments to help avoid further bone loss or even tooth loss due to periodontal disease.

Remember Root Planing is a non-surgical step towards treating periodontal disease, the success is increased by good daily bacterial plaque removal.

The following daily home care with plaque removal has been selected for you:

[ ] Sonicare Brush [ ] Oral-B Brush [   ] Nimbus Toothbrush [ ] Floss/Floss holder [ ] Water Pik

[ ]Proxabrush [ ] Piks [ ] MI Paste [ ] Fluoridex toothpaste [ ] ACT rinse   [ ] Biotene [ ] Xylitol Prod.