SCALING AND ROOT PLANING AFTERCARE

Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line, which is causing bone loss. This will promote healing of the inflammation and infection that causes gum disease.

- Avoid eating until the anesthetic has worn off completely.
- You may take over-the-counter pain reliever for any tenderness or discomfort. Ibuprofen (Advil) and /or acetaminophen (Tylenol) unless you have medical conditions or allergies.
- To help soothe the area, rinse your mouth 2-3 times a day with warm saltwater rinses.
- Avoid any hard foods such as tortilla chips, potato chips, popcorn or seeds for the next several days.
- Resume your homecare regimen of brushing twice a day with extra soft bristle toothbrush, flossing and waterpiking.
- Resume wearing your occlusal guard.
- Your teeth may be more sensitive to cold and/or sweets. Brush with sensitivity toothpaste like Sensodyne or a concentrated fluoride toothpaste like Allday. Avoid whitening toothpaste.

If you have further questions, persistent discomfort or swelling which occurs after your appointment, contact the office for further instructions.

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