

POST-OPERATIVE INSTRUCTIONS FOLLOWING SCALING & ROOT PLANING

Provided for your comfort and recovery following oral surgery, adhering to American Academy of Periodontology best practices.

Immediate Care (2-4 hours post-op)

- Do not eat or drink hot liquids until local anesthetic effects have completely worn off
- Pain management is advised prior to anesthetic wearing off to allow for comfort

Pain Reduction Protocol

- Moderate discomfort is expected as the anesthetic wears off.
- Most discomfort can be controlled by alternating non-steroidal anti-inflammatory ibuprofen (Advil, 400 mg) and acetaminophen (Extra Strength Tylenol, 1000 mg) every 8 hours, unless contraindicated.
- Take pain medications before the local anesthetic fully diminishes, preferably with food to avoid nausea.

Sensitivity

- Some sensitivity is expected; following a deep cleaning, your gums will begin to tighten against tooth and pull back to a minimally inflamed state
- Gum recession and accompanying sensitivity does occur and is normal
- Freshly cleaned root surfaces do tend to have higher sensitivity
- A desensitizing toothpaste will help calm the sensitivity.

Oral Hygiene

- Brush gently and maintain good brushing and flossing habits even on the day of your procedure despite having your teeth cleaned.
- Warm salt water rinses 2 to 3 times daily (1 tsp of salt dissolved in 8oz of warm water) will help soothe tissues, reduce swelling, and promote healing

Nutrition & Habits

- Do NOT smoke; smoking restricts blood flow, delays healing, and irritates the tissues.
- Avoid alcoholic beverages for at least 48 hours to prevent conflict with medications and delayed healing.
- Discontinue your usual heavy exercise regime for 1-2 days.

Antibiotics & Appointments

- If prescribed, take antibiotics strictly as directed until fully finished.
- You may be seen for a post-operative visit to ensure that your gums are healing appropriately
- Typically, after all deep cleanings are completed, we recommend a patient to have their maintenance cleanings every 3-4 months depending on the severity of the gum disease.

Questions or concerns? Call us at Clayton Family Dental 919-585-1081 or visit us online at www.claytonfamilydmd.com

EMERGENCY CONTACT INFORMATION

If you experience severe pain, excessive swelling, uncontrolled bleeding, or fever, please contact your dentist or proceed to the nearest emergency room.

Emergency facilities within a 20-mile radius of 49 Healthpark Way, Clayton, NC:

1. UNC Health Johnston Clayton (South/Central)

2138 Veterans Parkway
Clayton, NC 27520
Phone: (919) 585-8000

2. WakeMed Garner Healthplex ER (Northwest)

400 U.S. Highway 70 East
Garner, NC 27529
Phone: (919) 350-8000

3. UNC Health Johnston Smithfield (Southeast)

509 N Brightleaf Blvd
Smithfield, NC 27577
Phone: (919) 934-8171

4. WakeMed Raleigh Campus ER (North)

3000 New Bern Ave
Raleigh, NC 27610
Phone: (919) 350-8000