



laser & microscopic enhanced dentistry

Post-Operative Instructions

Following Scaling and Root Planing

PLEASE READ INSTRUCTIONS COMPLETELY AND CAREFULLY

PROCEDURE PRUPOSE

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 periodontal ligament destruction and bone loss. The goal is to produce clean, healthy teeth and roots, which will promote healing of the inflammation and infection that causes gum disease.

POST-PROCEDURAL DISCOMOFRT

You may take an over-the-counter pain reliever for any tenderness or discomfort. Take ibuprofen (Advil/Motrin) or acetaminophen (Tylenol) unless you have medical conditions or allergies. To help soothe the area, rinse your mouth 2-3 times per day with warm salter water rinses. If you are prescribed Peridex/Chlorhexidine, use as direct by your dental professional. As directed in 2014, the current standard of care is to take (2) Ibuprofen in addition to (1) Tylenol every 4-6 hours. Research has shown how taking Ibuprofen will reduce post-procedural inflammation and the Tylenol will increase your pain tolerance. If you have hypertension avoid taking ibuprofen, take Tylenol only.

ORAL HYGIENE INSTRUCTION

Resume your home care regimen of brushing twice a day with a soft bristled toothbrush and daily flossing immediately, we advise gentle brushing and flossing with the recently treated area. Your gum health must be maintained with proper home care, as instructed, and regular dental visits. For best oral health outcomes we advise all patients to use the Phillips Sonicare toothbrush with the gum care setting and a Waterpik in addition to your daily flossing routine.

FREQUENTLY ASKED QUESTIONS

It is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This is normal. This occurs as the gum tissue heals and shrinks in size and should gradually resolve in a few weeks with proper home care. Consistently brushing two to three times daily with sensitivity toothpaste or using essential oil rinse may alleviate this over time. Avoid toothpastes with "whitening" or baking soda, as this will contribute to the problem. If sensitivity continues or is severe, professional application of a desensitizing agent Gluma may be required.

EXPECTED OUTCOME

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. We look forward to seeing you for your regular periodontal maintenance to keep up with what we just accomplished together.

SMOKING

Refrain from smoking for 24 to 48 hours after scaling and root planing as tobacco will delay healing of the tissues. Smoking cessation is highly recommended.