

POST-OPERATIVE INSTRUCTIONS FOR SCALING AND ROOT PLANING

Scaling and root planing is a non-surgical treatment for periodontal disease. The purpose is to remove plaque, bacteria, and tartar from the tooth surface below the gum line. The goal is to produce a clean, smooth root surface which will promote attachment of gum tissue. This can stabilize your periodontal condition and improve your oral health.

Post-operative notable mentions:

1. If you have received local anesthetic, avoid eating anything on the treated area until the local anesthetic has worn off completely. This is to avoid biting your tongue, lips, or cheek while you are still numb. How long you stay numb depends on how you metabolize anesthetic. This could be anywhere from minutes to hours following treatment.
2. You may want to avoid hard or crunchy foods such as popcorn, nuts, or chips. Although there are no food restrictions, you may be more comfortable eating softer foods for the next few days.
3. It is normal to experience some discomfort as the anesthetic wears off. You may take a non-aspirin medication such as Tylenol or Advil, making sure to follow the dosage on the label. We suggest you take this medication before the anesthetic wears off.
4. If you have discomfort, gently rinse your mouth with warm salt water (1 teaspoon salt per 8 oz. of water). Hold the water in the area of the mouth that was treated and/or swish a few times a day. This will help soothe the gum tissue and promote healing.
5. You may want to refrain from smoking for the first 24–48 hours after scaling and root planing. Tobacco can delay the healing of the tissues.
6. Some bleeding is common following the scaling and root planning. You may notice a red or pink color to your saliva. If the bleeding should persist after the first couple of days or seems to be excessive at any time, please do not hesitate to call our office.
7. Resume your oral hygiene habits as soon as possible. This is necessary to promote healing and attachment of the tissue following scaling and root planning. You may be instructed to brush with an electric toothbrush and floss daily.
8. In some cases, it is not uncommon to temporarily experience one or both of these symptoms following a scaling and root planing procedure:
 - a. Increase in sensitivity to cold/hot
 - b. A sensation of increased tooth mobility.
 - c. Acute soreness or tenderness from deposit removal.

Please feel free to contact our office if you have any questions or concerns:

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