

POST CARE "DENTAL HYGIENE THERAPY SESSION"

SCALING & ROOT PLANING INSTRUCTIONS

Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.

SCALING AND ROOT PLANING

A regular preventative cleaning removes only the soft sticky plaque that is above the gum. Scaling and root planing is done to remove tartar or hard crusty calculus that is loaded with bacteria, around and below the gum. It is a method of treating gum disease when pockets have formed around the teeth.

Scaling is a procedure that meticulously removes contamination, toxins, micro-organisms, plaque, tartar and calculus that has permeated around and below the gum line in order to obtain a healing response. Root planing involves smoothing the root surfaces of your teeth with a curette so the gum tissue can more firmly reattach to roots that are clean and smooth to prevent tooth loss and sensitivity problems. The procedure makes it more difficult for plaque to accumulate on the root surfaces. Because this procedure goes deeper than a regular cleaning, your mouth will be numb to minimize any discomfort. The cleaning will usually take two visits to complete depending on the extent of the disease.

CARE OF YOUR MOUTH

Start brushing, flossing, and continue your prescribed oral hygiene regime immediately. You may have to GO EASY at first, but make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times on the day of treatment, with warm salt water (¼ tsp salt to glass of water).

DISCOMFORT

Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen or ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth

surfaces and bruising with a fluoride tooth paste or fluoride that we may prescribe will usually reduce or eliminate sensitivity in a day or two.

EATING

Your next meal should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips, hard bread for at least 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for 24hrs.

BLEEDING

Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office.

SWELLING

Very seldom does swelling occur. If it does, rinse your mouth every couple of hours with warm salt water. (use ¼ tsp salt to 8 oz. water).

SMOKING

Please refrain from smoking for 24 hours or longer after scaling and root planning procedures. Tobacco use interferes with the healing.

HAPPY FLOSSING