After-care instructions for Scaling and Root Planing (Deep Cleaning)

Before each in-office treatment, we will carefully discuss in depth with you what you can expect during and after treatment. In order to extend our care from our office to your home, we have provided our post-operative Instructions online to help answer any questions and to educate you on proper after-care. If you have any questions at all, please do not hesitate to call our office.

Your anesthesia will wear off in approximately 1 to 3 hours after the procedure. It is very important not to chew on the numb side (to prevent biting the tongue and lip) until the anesthesia wears off.

**What to expect after the appointment:**

It is normal for your gums to feel slightly sore or an “achy” feeling for the next 3 days after your scaling and root planing treatment. If local anesthesia was used to numb the area during treatment, you may feel slight stiffness in your jaw when opening after the numbness wears off. It is also normal for your teeth to be sensitive to cold and/or hot foods and liquids after the treatment.

**What to do at home after the appointment:**

If you have a stiff jaw and/or soreness, you can take the medication prescribed or recommended by our office to relieve any discomfort.

Rinse 3x daily for the next 7 days with warm salt water to aid the healing and reduce inflammation.

The meals after the treatment should consists of soft foods and avoid eating any small hard foods, such as chips, nuts, popcorn and seeds that may get caught underneath the gums. As you feel more comfortable you can resume your normal eating patterns.

Please do not smoke or use tobacco products for at least 72 hours following your scaling and root planing treatment. Tobacco irritates the gum tissue and will delay healing, increasing the chance for complications.

Use a toothpaste made for sensitive teeth, such as Sensodyne, to relieve sensitivity to cold/hot foods. If there is a tooth that is particularly sensitive, place a dab of the toothpaste on the surface that is affected. Do this for 7-10 days and you should start feeling less sensitivity.
Continue with regular home-care of brushing and flossing daily to prevent infection.

In about one week following your scaling and root planing you should notice less redness, bleeding and swelling of your gums, as long as you floss and brush daily.

Your next appointment will be in six weeks to determine if your gums are healthier by measuring your gum pockets. The more you care for your gums on a daily basis by brushing, flossing to remove food debris, the healthier your gums will be.