



*Dentistry Dedicated
to Excellence*

Post-operative Instructions for Scaling and Root Planing

06/20/2023

WHAT TO EXPECT:

1. **Numbness:** After anesthetic has been used your lips, teeth, and tongue may be numb for several hours. Avoid chewing until the numbness has completely worn off.
2. **Discomfort:** The most discomfort you will experience is during the time when sensation returns to your mouth. It is possible to have some discomfort for several days following treatment especially when chewing. Discomfort can also be present at the injection site where anesthesia is given.
3. **Bleeding:** Bleeding or oozing for the first 12-24 hours is expected. When blood mixes with saliva, it may appear as there is more bleeding than there actually is.

THINGS TO DO:

1. **Resume homecare** as recommended after procedure. Slide the floss as far under the gums as you can to make sure plaque does not accumulate on the roots of the teeth where the gums are healing. Brush along the gum line as best as possible. A Q-tip with toothpaste may be used for those extra sensitive areas. Begin the rubber tip the following day.
2. **Diet:** Wait to eat until numbness has subsided. Avoid foods that can get stuck under the gums like popcorn or stringy meat for a few days. A soft diet may be necessary for the first 2 days. This would include soups, cereal, mashed potatoes, etc. An adequate fluid intake of at least 2 quarts a day is essential.
3. **Medications:** You may take a combination of 3 tablets of 200mg of Ibuprofen (Advil) and 2 tablets of 325mg of Acetaminophen (Tylenol) every 6 hours for 2 days for any gum soreness or discomfort.
4. **Mouth Rinse:** Rinse with Chlorhexidine 2 times per day **and swish for 30 seconds after brushing and flossing**. Chlorhexidine is the only prescription mouthwash effective enough to help treat gum disease. It kills the bacteria associated with bleeding gums and when used in conjunction with perio scaling improves the ability of the gums to heal. As you continue to use Chlorhexidine during your treatment you will begin to notice less bleeding, redness and discomfort during flossing and brushing. Some patients experience tooth staining with the use of Chlorhexidine so we recommend brushing and flossing prior to rinsing. We will remove surface staining at your next hygiene appointment.

5. **Tooth Sensitivity:** You may experience tooth sensitivity along the gum line to hot and cold foods and drink. This is normal and should subside in a couple of weeks. Using a toothpaste for sensitivity can help.
6. **Smoking:** Smoking interferes with the healing process of the tissue. Do not smoke for 24-48 hours after procedure.