

PATIENT INSTRUCTIONS FOLLOWING DEEP SCALING AND ROOT PLANING.

Following Scaling and Root Planing procedure, you can expect to notice less redness, bleeding, swelling of your gum tissue and a fresher breath.

DIET

Avoid foods that can lodge in your gums (chips, seeds, etc) for a week. These can cause pain and swelling. Chewing hard foods, such as meat or raw vegetables may be uncomfortable for a few days. A diet of softer food is advised until chewing becomes more comfortable.

DISCOMFORT

If a local anesthetic was used, avoid chewing foods and drinking hot liquids until feeling returns to avoid injury to the tongue, cheeks, or the roof of your mouth. Tylenol or Motrin can be taken as needed to reduce discomfort. Discomfort or pain should not be acute and should subside in a few hours to few days. Discomfort immediately after treatment usually subsides in about four hours.

TOOTH SENSITIVITY

Teeth may be sensitive to temperature changes and/or sweets for the first several days following treatment. The sensitivity generally subsides and you may use a fluoride gel or rinse which can be obtained through your dental office. If the sensitivity is severe and prolonged, professional application of desensitizing agent may be required. It is also possible that some of your sensitivity may be caused by old failing fillings that need to be replaced. Avoid whitening toothpastes as they do not have adequate amount of plaque control, but they do cause more sensitivities by opening up the pores (enamel rods).

BLEEDING

Some bleeding may occur during the next several brushings. The bleeding should steadily decrease as you progress with the homecare regimen.

APPEARANCE

Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in bigger spacing between your teeth. Do not be alarmed as it is a normal healing process.

SMOKING

Cigar and Tobacco smoke is an irritant to healing. Please refrain from smoking after Periodontal Therapy for 24 hours. Use this opportunity to quit smoking all together.

IT IS IMPORTANT THAT YOU KEEP YOUR NEXT APPOINTMENT!

Your appointments are spaced at specific intervals for a reason. Periodontal disease has a set "regeneration cycle" which your Dental Hygienist can interrupt with proper timing of your re-care appointments. **THERE IS NO CURE FOR PERIODONTAL DISEASE!!!** Therefore, you must commit to a lifetime of periodontal maintenance appointments to keep your disease under control.

KEEP YOUR HOME CARE REGIMEN.

To control the bacteria that cause periodontal disease, your Hygienist is prescribing you a concise and effective routine. Please start your Homecare Regimen today. If gum tissues are tender right after the Deep Scaling, brush your teeth gently, but thoroughly; this may take a little more time than normal. If you keep your teeth plaque-free, your gums will heal quicker after the series of your Deep Scaling appointments. In addition, your commitment to your home-care and periodontal maintenance appointments is 80% of your ongoing success for your **LONG TERM PERIODONTAL HEALTH.**