



antigoDENTALclinic

"Your smile is important to us"

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Scaling and Root Planing Home Care Instructions

Success of periodontal treatment depends on good home care, regular dentist evaluations and periodontal maintenance cleanings by a licensed hygienist. A recurring care program will greatly improve your treatment results.

Scaling and root planing has been completed. Your gingival (gum) tissue showed signs of infection and inflammation and you may have had significant calculus (tartar) buildup. You may notice that your teeth feel different where the calculus was removed.

Root Sensitivity: Your teeth may be temporarily cold sensitive. Removing all plaque and using desensitizing toothpaste with fluoride will help relieve sensitivity after a few days. The cleaner the tooth, the less sensitive it will be.

Sore gums: Your soft tissues may be sore for approximately one day as they begin to heal. This is normal when the gum tissues have been infected and inflamed for some time. You may find that taking an over-the-counter pain reliever (Tylenol or Ibuprofen) will help during this 24-hour period. Rinsing 2 to 3 times a day with warm salt water is recommended. (1 teaspoon of salt to 1 cup of warm water) If you are on a salt restrictive diet use plain warm water.

Oral Hygiene: Gum tissues may be tender, but continue to gently and thoroughly brush 2 times a day for 2 minutes with a fluoridated toothpaste as well as daily flossing. It is normal for some slight bleeding to occur during the next several brushings. Also use any other periodontal aids that have been advised. When you examine your gums closely in a mirror, you will also observe that the color, texture, and position of your tissues will undergo a change as the healing takes place. The swollen, reddened gum tissue will shrink, become more firm, and return to a healthy pink color. Watch for these welcome signs of improvement and be encouraged by the healing process.

Eating: Your next meal should be soft. Avoid any hard or crunchy foods like popcorn or chips that normally get stuck between your teeth for the next few days.

Smoking: Please do not smoke following this procedure. Tobacco is an irritant to healing. You should refrain from smoking for the next 24 hours or longer.

Because of your periodontal condition, we strongly recommend that you return for your periodontal maintenance appointments at 3 month intervals. It only takes 90 days for the bacteria to reach critical numbers again and we want to keep your mouth in a healthy, stable condition.