

# SCALING AND ROOT PLANING



The following information is intended to help you obtain the best results from your periodontal (gum) treatment.

1. Be very careful not to bite or injure your cheek, lip, or tongue while you are still numb. It may take a few hours for the anesthesia to completely wear off. You may notice a tingling sensation as the anesthesia is wearing off.
2. The gum tissue may be tender for a few days. However, it is important to thoroughly follow the oral hygiene instructions you were given.
3. Tylenol or Ibuprofen may be taken for discomfort. Also, a warm salt water rinse may be helpful. Use \_ teaspoon salt in \_ cup warm water. Swish and spit out several times per day.
4. Avoid eating foods that may be difficult to remove or might get caught easily between your teeth (e.g., popcorn and sesame seeds). Make sure you eat a well-balanced diet.
5. Smoking contributes to the incidence of periodontal disease and diminishes the prognosis following periodontal treatment. Now is a good time to quit smoking.
6. Possible tissue alteration may occur as the tissue heals. With a reduction in the infection, there will be a reduction of the tissue swelling around the teeth. You may notice some gingival recession or open spaces between your teeth.
7. Approximately four weeks after your scaling and root planing procedures, it is important to have the probe depths around the gum tissue re-evaluated, as well as your oral hygiene. A maintenance schedule that is appropriate for you will then be set up. Studies have found that a thorough maintenance cleaning once every 3-4 months along with good oral hygiene are most beneficial in stabilizing your periodontal health.
8. Additional periodontal therapy may be necessary following the root planing if areas of disease are still present. This may involve antibiotic therapy or periodontal (gum) surgery.

NOTE: Periodontal disease is the #1 cause of tooth loss in adults. Anyone who has had periodontal disease will always have the potential for the same problems to redevelop in the gum tissue. Your best defense to avoid further problems is to follow the professional cleaning schedule personally designed for you and to practice excellent oral hygiene at home.