



Post-Operative Instructions: Scaling & Root Planing (Periodontal Therapy)

The success of your periodontal therapy is dependent on your home care. Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

Diet and Eating

- **Avoid Eating Until Anesthetic Wears Off:** Do not eat until the anesthetic has worn off to avoid accidentally biting your lips, cheek, or tongue.
- **Soft Diet:** For the first 24 hours, stick to a soft diet. Your teeth and gums may feel sensitive or sore following the procedure, so eat only what is comfortable and chew on the other side if needed. Avoid spicy, acidic, or hot foods as they can trigger discomfort.

Oral Hygiene

- **Brushing and Flossing:** Maintain good oral hygiene but be gentle around the treated areas. Your teeth and surrounding gum tissue may be sore for the first 24-48 hours, so gentle but thorough brushing and flossing are recommended. Use other oral hygiene aids like a rubber tip stimulator, proxabrush, or soft picks as instructed. Slight bleeding may occur while brushing for the first 24-48 hours, which is normal.
- **Tooth Sensitivity:** Your teeth may feel sensitive, which is normal and should subside over the next few days. Using desensitizing toothpaste like Sensodyne can help alleviate sensitivity. If the pain is severe and you are unable to bite on the tooth after 3-4 days or you develop significant swelling, please call our office for further evaluation.

Rinsing

- **Warm Salt Water Rinses:** Rinse with warm salt water to reduce gum tissue soreness. Use 1 teaspoon of salt per 1 cup of water and gently rinse 3-4 times per day for the first 1-3 days as needed. If prescribed a prescription rinse, use it as directed.

Avoid Smoking

- **No Smoking:** Avoid smoking for the first 48 hours as it delays the healing of the gum tissues and can substantially reduce the success of the treatment.

Medication

- **Pain Management:** To reduce pain or soreness, take Ibuprofen (Motrin or Advil) up to 400mg every 4 hours unless you are allergic or have been instructed otherwise.



Appointments

- **Keep Your Appointments:** It is important to come in for your routine cleaning appointments at the appropriate times as instructed. The office may recommend further evaluation or gum treatment or more frequent intervals for routine care to maintain the health of your gums and reduce the damaging effects of periodontal disease (gum disease). Delaying or canceling these appointments could contribute to a more rapid deterioration of your gum health, potentially resulting in pain and/or loss of teeth.
- **Additional Treatments:** In more advanced cases of periodontal disease, additional surgical procedures may be necessary after your initial treatment to stabilize the infectious disease process. Excellent oral hygiene will mitigate this potential need.

When to Call Our Office

Please call our office if:

- You experience severe pain or swelling that does not dissipate.
- After the first 2 days, you are unable to bite down without experiencing sharp pain.
- You have an allergic reaction to any medication you have taken.

If you have any additional questions or concerns, please reach out to our office. We are here to support your recovery and ensure you have the information needed for effective healing.