



## **Post Operative Instructions for Scaling and Root Planing**

Please review and follow these procedures.

Scaling and root planing (SRP) is an extensive process to remove calculus (tarter) and bacteria from below the gum line and also to smooth rough root surfaces. During an SRP appointment local anesthetic will be delivered so that thorough scaling can be achieved and to control your comfort. Hand instruments and a cavitron (ultrasonic water scaler) will be used to smooth root surfaces, to remove bacteria and any damaged tissue. In some cases sutures will have to be placed to help recontour tissue and promote healing. Usually sutures will fall out on their own, if they become bothersome you may come in and we will remove them. If sutures remain at the time of your next appointment we will remove them.

Due to fact local anesthetic was used be careful not to bite or chew lip, cheek, or tongue while they are numb. Avoid chewing for at least 2 hours after appointment. Also please keep talking to a minimum.

Your gums will likely be tender and bruised looking for the next few days and should improve over the next couple of weeks. Rinse with warm salt water every few hours (0.5tsp. salt 0.5 cup water) to help soothe tissue.

Do not drink hot liquids or eat hot spicy food after procedure. Avoid hard, gritty foods such as peanuts, popcorn, tacos, crusty bread or chips. Drink at least 8 glasses of water a day.

Eat a soft healthy diet. Consider foods such as yogurt, soft cooked eggs, soups, etc.

Do not smoke or chew tobacco for at least 72 hours after procedure. Smoking will interfere with healing.

To alleviate the discomfort you can use over-the-counter pain medication. Normally, mild pain relievers like ibuprofen or Tylenol will control any post operative discomfort.

It is not uncommon for teeth to become sensitive to cold after the roots have been cleaned. The sensitivity is usually not permanent and we recommend use of desensitizing toothpaste such as sensodyne to help reduce sensitivity. If sensitivity is not improving please inform us so we can recommend other desensitizing agents.

The key to successful treatment is your homecare. It is important to floss daily and brush after every meal. It is also important to use the periogard rinse, which will be dispensed to you. Periogard kills bacteria and promotes healing. We will prescribe periogard for 2 weeks and at your second appointment we will dispense periomed, a fluoride rinse, to control bacteria and help to alleviate any tooth sensitivity you may be experiencing. Plaque will reform rapidly and prevent tissue from healing properly, so a good oral hygiene regimen is extremely important.

Two weeks after the last quadrant of SRP is completed we will complete a supportive periodontal maintenance. At this appointment we will remove any calculus and plaque that has reformed and check for tissue healing. Then you will be scheduled for your post initial evaluation appointment with Dr. Davies. Dr. Davies will complete full periodontal charting and make any recommendations for continued periodontal health.

*If anything feels out of the ordinary or if you have any problems or questions call 919-967-5099.*