

## Scaling & Root Planing

***Follow all home care instructions as provided by your dental team. They provide individualized instructions to help you best care for YOUR mouth.***

***It is important to adhere to your recommended follow-ups and hygiene maintenance appointments, so that we can properly monitor and promote the success of your oral and overall health.***

- Assure that you have the appropriate re-evaluation and maintenance appointment(s) scheduled following your scaling & root planing procedures as they are important to the success of your treatment.
- You can expect the effects of anesthesia to wear off within one to three hours. **While you are still numb**, please refrain from eating, drinking and any other chewing. Avoid hot liquids. This will prevent accidental burning or biting of your lips, tongue or cheek.
- **For the next 48 hours**, avoid eating foods that are crunchy, spicy or hot. For example: chips, raw carrots, fried foods, and foods with small seeds. This will avoid any unwanted irritation or trauma to your gums while they are healing.
- It is common to experience sensitivity to sweets and hot or cold foods/drinks. This sensitivity will slowly subside over the next 1-3 weeks.
  - There are over the counter products that can lessen sensitivity such as desensitizing toothpaste (Sensodyne, Colgate Sensitive, etc.) and fluoride rinse (ACT, Crest Pro-health Complete, etc.)
- **If you experience pain or discomfort**, you may take over-the-counter, non-aspirin pain medication (ex. ibuprofen, Tylenol, etc).
- **Smoking is detrimental to healing tissues and** will affect the results of your treatment.
  - *It is preferred that you quit smoking entirely, for successful treatment outcomes and for your overall health and wellness.*
  - Refrain from smoking for at least 48 hours following treatment.
- If your gums are sore, you may also rinse your mouth gently with a solution of 1/2 teaspoon salt dissolved in a large glass of warm water, up to 3 times per day. Rinse gently for 15-20 seconds and spit out.
  - Avoid rinses such as hydrogen peroxide or alcohol-containing mouth rinses for the next week. Your doctor may prescribe a rinse for you to use, and if so, please follow their customized instructions for you.
- Please continue to brush and floss daily, taking caution around sensitive areas.
  - **Optimal hygiene efforts are imperative to your success!**