



**CARE INSTRUCTIONS
AFTER PERIODONTAL SCALING AND ROOT PLANING**

QUESTIONS YOU MAY HAVE AFTER SCALING AND ROOT PLANING

How long will I be numb?

ANESTHETIC: The area that has been worked on today will stay numb for 1 to 2 hours, but may last a little longer. While your mouth is numb it is very easy to accidentally bite your lip, tongue or cheek. The best recommendation is to be careful not to bite yourself and not eat anything until you are sure you are no longer numb.

Will my gums bleed after Scaling and Root Planing?

BLEEDING: Depending on the difficulty of your periodontal condition, some bleeding may occur for up to 24 hours. You may not experience any bleeding, but if you do have bleeding that continues for longer than 48 hours after Scaling and Root Planing, please call the office so we can evaluate the situation.

How much pain should I expect to be in? Can I go back to work?

PAIN: What you experience may be described more as discomfort than pain. If this is the case, you may take Tylenol or Ibuprofen (Advil, Motrin) as directed. Also your gums may feel slightly tender and if this happens a warm salt water rinse (1/2 tsp. salt in 8 Oz. of warm water) will feel soothing. Going back to work should not be a problem, but if you are concerned about pain when the anesthetic wears off, take one of the pain relievers mentioned above.

Can I brush and floss my teeth tonight?

ORAL HYGIENE INSTRUCTIONS: You can and should brush and floss as normal, following the instructions we have given you, in order to keep the teeth as plaque free as possible. Keeping the teeth plaque free can help to improve the outcome of your treatment. Saliva that is pink 1 to 2 days after Scaling and Root Planing can be expected and is considered normal.

Do I have to change my diet today and eat soft foods?

DIET: After the anesthetic has worn off you can eat any foods that you normally eat. If you smoke cigarettes, please try to limit smoking in the first few days. Smoking slows down the healing process and is irritating to the gum tissue.

What is the next step after all my teeth have been Scaled and Root Planed?

FOLLOW-UP: Your doctor will check your progress at your follow up reevaluation appointment in 3 to 4 weeks. This appointment is VERY important. Please keep this appointment. Periodontal disease is a disease that can, with the help of our staff, stay in remission, but we need your help as well. If further treatment such as surgery is needed, arrangements can be made at the reevaluation appointment.

PLEASE DON'T HESITATE TO CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS.

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