

## **Post Care After Scaling and Root Planing**

Be careful eating and consuming anything hot if you are still numb after procedure.

1. Scaling & Root planing (SRP) is an extensive procedure; performed to access, debride and clean root surfaces of teeth in a way that is not possible with a routine cleaning. SRP's are more involved than a standard cleaning. Soreness and increased bleeding are normal for 2-4 days after procedure. Do not be alarmed it should resolve itself. Gentle brushing and flossing for the first 3-4 days.
2. Increased sensitivity to hot/cold, sweets along root surfaces is also not uncommon. This will normally resolve itself in 2-3 weeks. Using Sensodyne or other "sensitivity" toothpastes without whitener can help speed the resolution. After using a sensitivity paste do NOT eat, drink or rinse for 30 minutes. If sensitivity continues after 2-3 or sensitivity is extreme, our office can apply a Fluoride Varnish to affected areas.
3. During the healing phase Excellent Oral Hygiene is imperative. It is recommended for optimal health: Use an electric toothbrush 2 times a day for 2 minutes, flossing with string floss daily, and waterpic daily (setting between 4-8). The Oral irrigating syringe is to be used with mouth rinse until the 4-6-week post Op visit Using a proxybrush or interproximal aid is helpful after meals. Homecare is just as important as having SRP's and periodontal maintenance cleanings to maintain tooth and gum health.
4. Rinse: For gum healing and comfort 1 tsp salt and 8oz warm water several times a day for up to a week. Non-alcohol mouth rinse is recommended to help reduce bleeding and bacterial presences that cause disease.
5. Optional: take an anti-inflammatory pain reliever. In most cases Ibuprofen. Up to 600mg 4x a day not to exceed 3200mg. Do NOT take Ibuprofen if allergic or pregnant.
6. Refrain from smoking 24-48 hours to promote gum health.
7. Periodontal maintenance cleanings are determined at the Post Op visit 4-6 after SRP's and are schedule every 3 to 4 months depending on your response to treatment and homecare. If warranted referral to Periodontal Specialist may need to be given. This is done to insure a complete and positive response to treatment. If warranted and things improve, lengthening your recall or otherwise customize a cleaning schedule appropriate for your needs.
8. Our goal is to stabilize and maintain your periodontal health and prevent additional bone loss and gum disease that support teeth. Feel free to ask us questions at any time.