

SCALING and ROOT PLANING

In an attempt to reduce pocket depth and promote healing of your gum tissue we have performed scaling and root planing and/or full mouth debridement. As the procedure suggests, the root surfaces are cleaned below the gum line to remove bacteria and irritants on the tooth and surrounding tissue with the aid of, in many cases, local anesthesia.

What to expect:

-There may be mild to moderate discomfort in the area of any injections and at the gum line of the treated areas. Discomfort may last 24-72 hours.

-There may be an increase in temperature sensitivity of the teeth, usually to cold, in the treated areas as the tissue heals. This will gradually disappear as the root surface recalcifies.

-It may be common for your gum tissue to bleed when brushing or flossing following this procedure. This is a normal response as your tissue begins to re-contour and heal.

Instructions:

-Rinse with warm salt water to decrease inflammation and soothe the tissue in the treated areas. Use 1 teaspoon salt in 6 ounces of warm water and rinse vigorously for 30 seconds 4-6 times per day until discomfort is gone.

-Any over the counter, non-aspirin, pain medication can be used to help control discomfort. Tylenol or Advil are the most popular. Please follow package directions for proper dosing.

-Massaging the treated areas with your finger or a rubber tip will increase circulation to the area and aid in healing.

-Be sure to brush and floss normally, beginning the same day of the procedure. This will keep plaque and bacteria from being able to re-attach to the clean root surfaces. Daily hygiene is the most critical part of healing and continued health of your gum tissue.

-Use all medications prescribed and any rinses provided as recommended. The therapeutic value of using these medications and rinses cannot be stressed enough.

-Avoid hard crunchy foods that may cut or further irritate the tissue for 48 hours until initial healing occurs.

-Should any problems occur which are not addressed in these instructions, please do not hesitate to contact our office.