

## PERIODONTAL SCALING AND ROOT PLANING OVERVIEW AND POST-CARE

Scaling and Root Planing (SRP) is a type of periodontal therapy. It removes harmful bacterial plaque and tartar from around teeth and under the gum line. Root Planing cleans and detoxifies the root surfaces to encourage reattachment of the supportive tissues.

### **VERY IMPORTANT:**

- While numb, avoid eating and consuming hot beverages until sensation has returned as you may severely burn or bite your cheek or tongue. While numb, it is ok to consume cold or room temperature beverages and soft foods such as: Milk Shakes, Smoothies, Yogurt, etc... (NO foods that need to be chewed).
  - Refrain from smoking for 24-48 hours following your procedure as this will delay healing of the tissues.
1. **MOUTH RINSES:** Rinse twice per day with the prescription mouth rinse provided to you by our office. Using ½ ounce, rinse once in the morning and once before bed for a duration of 1-minute. Do not rinse with water after using the rinse. This rinse should not be used for more than 5-days. To help sooth the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use 1 teaspoon salt to 8-10 oz. of warm water.
  2. **BLEEDING:** It is normal to notice some blood clotting between your teeth for 24-48 hours following your treatment. You may rinse with warm water, salt water, brush or floss to remove. DO NOT attempt to remove it with fingernails, toothpicks, etc. as this can damage the tissues.
  3. **HOMECARE:** A clean mouth heals faster. Plaque is always forming on your teeth and gums and it needs to be removed each day. Brush at least twice a day and floss at least once per day. Use all other aides as directed.
  4. **DIET:** No hot beverages or chewing until the numbness is completely worn off. Once the numbness has worn off, you may eat whatever feels comfortable with the exception of hard food such as: tortilla chips, popcorn, and/or seeds for the next several days.
  5. **PAIN RELIEVER:** You may experience some post-treatment discomfort. This may be eased by taking a non-aspirin, over the counter pain medication prior to the anesthetic wearing off (e.g. Tylenol or Advil), unless you are allergic or have medical conditions that prevent you from taking these medications. This will help alleviate discomfort associated with scaling and root planing.
  6. **NUMBNESS:** While numb, avoid eating and consuming hot beverages until sensation has returned as you may severely burn or bite your cheek or tongue. Numbness will last for an additional 1-3 hours following treatment. You may experience some tingling or itching as the anesthetic is wearing off. This is normal and can be alleviated by taking a non-aspirin pain reliever prior to the onset of discomfort.
  7. **SENSITIVITY:** You may experience increased sensitivity to hot/cold temperatures following the procedure. The sensitivity should decrease within 6-8 weeks. You may want to switch to sensitivity protection toothpaste such as Sensodyne. If the sensitivity persists, we can recommend prescription fluoride toothpaste to aid with the sensitivity.

*If you have persistent discomfort or swelling that occurs after the scaling and root planning, please contact our office for instructions as soon as possible at 847-492-3492.*