



## Post Scaling and Root Planing Instructions

### Discomfort and Pain:

- Discomfort immediately after the appointment is normal, and can be relieved with Tylenol or Ibuprofen.

### Tooth Sensitivity

- Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be intense at first, but usually diminishes quickly.

### Bleeding

- Some slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease after two or three days.

### Appearance

- Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more open space between teeth.

### Instructions to Minimize Symptoms:

- Diet/Eating: If extensive root planing was performed, chewing hard foods (meat, chips, etc.) may be uncomfortable. A diet of softer consistency (rice, mashed potatoes, soup, etc.) is advisable until chewing becomes more comfortable.

### Oral Hygiene

- If gum tissues are tender, brush your teeth gently, but thoroughly. This may take a little more time than normal. By the third or fourth day, normal hygiene techniques can be resumed. Mouth rinsing is recommended with either of the following solutions:
  1. An antimicrobial rinse
  2. A warm saline rinse