

INSTRUCTIONS TO OUR PATIENTS FOLLOWING SCALING AND ROOT PLANING

Several days following scaling and root planing you can expect to notice less redness, less bleeding, and less swelling of your gum tissue. This level of gum health can then be better maintained with proper home care.

DISCOMFORT: Discomfort or pain should subside in a few hours to a few days. Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about 4 hours. Any discomfort due to brushing should get better in 1 to 2 days.

TOOTH SENSITIVITY: As the tissue becomes healthier, teeth may be sensitive to temperature changes (mainly cold). The sensitivity to temperature should diminish in several days, however, if sensitivity persists for several weeks you may need a prescription for fluoride to de-sensitize the teeth.

BLEEDING: Some slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease after 2 or 3 days.

APPEARANCE: Root surfaces may be slightly more exposed as the swelling of the inflamed gum tissue goes down. This may result in more space between the teeth.

INSTRUCTIONS TO MINIMIZE SYMPTOMS:

Diet/Eating: If extensive root planning was performed, chewing hard foods such as meat or vegetables may be uncomfortable. This should last no longer than a few days. A diet of a softer consistency would be advised until chewing becomes more comfortable.

**Discomfort/
Pain** If a local anesthetic was used, avoid chewing foods until the numbness is gone. This will prevent injury to the tongue or cheeks. Tylenol or Advil can be taken as needed to reduce discomfort. If a stronger medication is needed, please call us.

Oral Hygiene: If gum tissues are tender, brush your teeth gently but thoroughly. This may take a little more time than normal. By the 3rd to 4th day, normal oral hygiene techniques can be resumed. Mouth rinsing is recommended with warm salt water. Use of this rinse should be limited to 1-2 weeks.

Special Instructions to Patient: _____

- If symptoms are severe or persistent or if an abscess (gum boil) should appear, please call the office immediately.
- **Home Phone Numbers:** **Dr. Albright: (502) 245-4691**
Dr. Burton: (502) 228-4750
Dr. Shearer: (502) 836-5601