

## PATIENT INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING (SRP)

Following scaling and root planing you can expect to notice less redness, less bleeding, and less swelling of your gum tissue. Your gum health can then be more accurately evaluated, and hopefully maintained with proper home care and regular professional care.

### **DISCOMFORT/PAIN**

Discomfort or pain should not be acute and 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 four hours. Any discomfort due to brushing should get better in one to several days.

### **TOOTH SENSITIVITY**

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be intense the first several days, 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 space between the teeth.

### **INSTRUCTIONS TO MINIMIZE SYMPTOMS**

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

**Discomfort/Sensitivity/Pain** - If local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Acetaminophen or a non-aspirin analgesic should be taken as needed to reduce discomfort. If tooth sensitivity persists, use desensitizing toothpaste. If the sensitivity is severe and prolonged, professional application of a desensitizing agent may be required.

### **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 to fourth day, normal oral hygiene techniques can be resumed. Mouth rinsing is recommended with either of the following solutions: 1) an antimicrobial rinse, or 2) a warm saline rinse.

Use of these rinses should be limited to one to two consecutive weeks. Please see our website for video demonstrations of oral hygiene techniques.

### **Specializing in Periodontics and Implant Dentistry**

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