

What to Expect After Scaling & Root Planing

Scaling & Root Planing, sometimes called “Deep Cleaning,” is an attempt to halt the progression of gum disease. Today, we cleaned the infection from beneath the gums and removed the hard tartar that cannot be removed with regular brushing and flossing. Gum disease is much like diabetes or high blood pressure in the sense that it cannot be cured, but it can be effectively controlled.

Now that your teeth and gums are clean, the best way to ensure a good result is to brush at least twice a day and become a daily flosser. Flossing prevents reinfection of the gums by scattering the bacteria before it has a chance to recolonize. Please follow the instructions below to minimize post-op complications and discomfort.

- 1. Do not eat or chew until the numbness wears off.**
It is very easy to cause serious damage to your lip, tongue and cheek while numb.
- 2.** Expect the gums to be sore and the teeth to be somewhat cold sensitive. You may use a toothpaste for sensitive teeth to help control the cold sensitivity. These symptoms typically subside after a few days to a week.
- 3.** Take over the counter medication (like Advil or Tylenol) 3 times a day for 3 days to help soothe sore gums and sensitive teeth.
- 4.** Brush twice a day and floss once a day. This step is the single most important factor in success or failure of the treatment.
- 5.** Use the rinse provided every night just before bedtime. Do not eat, drink, or brush after the rinse. Allow it to sit on the teeth and gums overnight to help control any bacteria that attempts to reinfect the gums.
- 6.** To prevent reinfection of the gums, we recommend that you complete all necessary Scaling & Root Planing within 7-10 days.

**After Hours Emergency Number
817-689-3837**