



BY THOMAS B. GRANT, DMD, PLLC

Scaling and Root Planing Post Treatment Care

Congratulations on treating your gum disease! Below are instructions to get you through the next few days as your gums heal, and what you can expect with normal healing after the procedure.

- It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed, if not contraindicated or allergic) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where the anesthetic was administered.
- Avoid chewing until the numbness of the anesthesia has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- Following scaling and root planning: You can expect less redness, less bleeding, and less swelling of your gum tissues.
- Your teeth may feel smoother, and your mouth will taste and feel better because infection in the gums is beginning to heal.
- Your teeth may be more sensitive to hot or cold temperatures, and/or sweets. This occurs as the gum tissue heals and shrinks in size.
- Your gum health must be maintained with proper home care, as instructed, and regular professional care.
- Using a tooth paste specifically for sensitivity or using fluoride rinses may help alleviate sensitivity over time.
- If it continues or is severe, professional application of a desensitizing agent may be beneficial.
- A soft diet is recommended for 2-3 days as well as chewing on the opposite side of your mouth if possible.
- If prescribed, use the mouth rinse, Peridex (Chlorhexidine) as directed.
- A localized antibiotic (Arestin) may have been placed. If so, do not floss for 24 hours, and then continue on with diligent home care.
- In some cases, your treatment will be completed in multiple visits. If so, please be sure to keep all appointments. Regular maintenance visits (every 3 months) and excellent home care will be necessary to keep your gums healthy.

We are so happy you have chosen us to help you achieve and maintain a healthy mouth. Please call our office with your questions 214-436-5122 or Dr. Grant at 931-224-2723.

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