

## Deep Cleaning (Scaling and Root Planing) Post-Operative instruction

1. Your teeth, lip and possibly your tongue will be numb for several hours after the appointment. Avoid chewing until the numbness has completely worn off.
2. Take some Ibuprofen or Acetaminophen before the anesthetic completely wears off. This will help with any swelling or pain.
3. It is very common for the teeth to be more sensitive to hot or cold temperature, and/or sweets. This occurs as the gum tissue heals and shrinks in size. Brushing two or three times a day with sensitivity toothpaste or using a fluoride rinse may help alleviate this over time. If sensitivity continues or is severe, a professional application of a desensitizing agent may be required.
4. Rinsing mouth with warm salt water will help with the inflammation (1/2 Teaspoon salt to glass of warm water)
5. Avoid smoking for a minimum of 24-48 hrs. because it deters healing. In addition, smoking will stop the progress of healing from the scaling and root planing and make the maintenance of periodontal disease difficult. **Smoking cessation is highly recommended.**
6. After scaling and root planing, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better. Your gum health must be maintained with proper homecare as instructed and regular professional care
7. If just one half of the mouth is treated today, please remember to keep all appointments to complete the treatment on the opposite side as well as follow-up appointments thereafter.
8. A soft diet is recommended for a few days, you should chew on the opposite side of the treatment site.
9. If a localized antibiotic (Arestin) was placed, please follow additional instructions given to you at your appointment.
10. Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brush, floss and rinse with recommended products are critical. Use Listerine, or if prescribed, Peridex (Chlorhexidine).

Once scaling and root planning is completed, **periodontal maintenance appointments every 3-4 months (code 4910) are essential for adequate healing and proper maintenance.** When maintenance appointments are not kept, it is likely that patients will require another sequence of scaling and root planing.