



Following soft tissue management (or deep cleaning)

Scaling and root planing therapy is a procedure that involves removing bacterial plaque and tartar from the root surface below the gumline with instruments and ultrasonics.

The goal of this treatment is to allow reattachment of the gums to the clean root surface and to shrink the periodontal pockets to levels that can be maintained by daily flossing and brushing.

Discomfort immediately after treatment is usually associated with slight throbbing or aching. You may also experience some cold and heat sensitivity. This is normal and will subside in a few days. Discomfort can be decreased by using a warm salt water rinse (½ teaspoon in an 8 oz. glass of water). Any residual bleeding should stop within 24-48 hours.

If a local anaesthetic was used, avoid chewing foods until the numbness has worn off to avoid injury to the tongue or cheeks.

The following guidelines will help to maximize healing and minimize any discomfort.

Things to AVOID for the first 24 hours:

- Do not smoke. It's better to refrain for 48 hours.
- Drinking alcoholic beverages will retard the healing process.
- Foods that are extreme in temperature or spicy.
- Avoid using any strong mouthwashes that contain alcohol.

Things to Do:

- You may take a non-aspirin analgesic (such as ibuprofen (Advil) or acetaminophen (Tylenol)), to relieve any tenderness or discomfort.
- If extensive root planing was performed, chewing hard foods such as meat or raw vegetables may be uncomfortable. A diet of a softer consistency would be advised for 2-3 days.
- Brush your teeth very lightly in the treated area the first night. Begin gently flossing that night, gradually increasing to normal force by the week's end. It is extremely important that flossing is done daily, even though there may be slight bleeding.
- After flossing and brushing at night, rinse with salt water (1 teaspoon of salt to 250ml of water) or Oroclense (if it was prescribed) for 30 seconds.

Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health.

You will need to return to the office in 4-6 weeks for a post care evaluation.