

Medicated Cleaning (Scaling and Root Planning/Deep Cleaning) Post-Operative Instructions

Congratulations for taking the first step towards a HEALTHY mouth!

The success of your treatment is now dependent on YOU!

Scaling and root planning is a treatment for periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to prevent further bone loss, produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease. **Periodontal disease can NOT be cured but can be managed. You must keep up with your periodontal maintenance cleaning appointments or you will relapse.**

For the next 3-4 weeks (until you return for your Re-evaluation Cleaning) we need you to strictly adhere to the following regimen both in the morning and at night before bedtime:

<ul style="list-style-type: none">• Floss all your teeth
<ul style="list-style-type: none">• Brush all your teeth (front, back and sides-focusing along the gums)
<ul style="list-style-type: none">• At least 2 minutes with a soft toothbrush and Fluoride toothpaste
<ul style="list-style-type: none">• (IF Prescribed) Use your Chlorhexidine mouth rinse twice a day after brushing and flossing

After scaling and root planning, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely. Avoid any hard foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.

To help soothe the area, rinse your mouth 2-3 times a day with warm saltwater rinses. Use one teaspoon of salt for every 3 ounces of water.

Faithfully use any other oral hygiene aids that have been recommended (floss, WaterPik, rubber tip, electronic toothbrush, Chlorhexidine mouth rinse, etc.)

Refrain from smoking for 24 to 48 hours after scaling and root planning. Tobacco will delay healing of the tissues.

You may take a non-aspirin pain reliever for any tenderness or discomfort. Take ibuprofen (Advil™) or Tylenol™ unless you are allergic or have medical conditions that prevent taking these medications.

If you have persistent discomfort or swelling that occurs after scaling and root planning, contact the office for instructions as soon as possible.