

## Scaling and Root Planing (SRP) Post Operative Instructions.

### Scaling and Root Planing Information:

Periodontal therapy involves continuous self-maintenance and ongoing treatment. Scaling is performed to remove plaque and tartar deposits and planning under the gum is done to smooth the root surface, allowing the gum tissue to heal and reattach to the tooth.

### What to expect:

#### Discomfort:

Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about four hours. Any discomfort due to brushing should get better in one to several days. Your gums may become "itchy" or uncomfortable and a couple of Advil should eliminate any discomfort. Swelling or jaw stiffness occur very rarely, however if it does, apply warm, moist towels to the face in the area of the stiffness.

#### Sensitivity:

Sensitivity to temperature changes and/or sweets may temporarily occur. Removing all plaque from the tooth with a tooth brush or Q-Tip, placing a dab of sensitive toothpaste or fluoride toothpaste on the tooth should stop sensitivity within a few days. If tooth sensitivity persists, use desensitizing toothpaste such as Sensitive Crest or Aquafresh, and avoid Tartar Control Tooth Paste. If a local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. If the sensitivity is severe and prolonged, professional application of a desensitizing agent may be required. The sensitivity to temperature may be intense the first several days and usually diminishes quickly.

#### Bleeding:

Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease after two or three days. If you have heavy non-stop bleeding contact the office.

#### Appearance:

Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more space between the teeth. Although this treatment is necessary, please understand that this is not a cure. Risks associated with scaling and root planning includes, but is not limited to, the following:

- |                            |                     |             |
|----------------------------|---------------------|-------------|
| * hot & cold sensitivity   | * pain / discomfort | * Abscess   |
| * sweet sensitivity        | * throbbing         | * Infection |
| * injection pain/ numbness | * bleeding          | * TMJ       |

Please do not smoke following scaling and root planning procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 48 hours (Recommend 7days).

#### Diet & Eating:

If extensive root planning was performed, chewing hard foods, such as meat or raw vegetables may be uncomfortable. Avoid any hard foods such as potato chips, Fritos, popcorn, etc. for the next 3-4 days. This should last no longer than a few days. A diet of a softer consistency would be advised until chewing becomes more comfortable. Your first meal should be soft. The worst thing you could have is hot soup. No hot food or beverages for 2 days.

#### Oral Hygiene:

If gum tissues are tender, brush your teeth gently but thoroughly. By the third or fourth day, normal oral hygiene techniques can be resumed. Rinse your mouth 2-3 times per day with warm salt water - 1/2 teaspoon of salt per 8oz of water, unless otherwise directed (you can add up to 1/3 teaspoon of peroxide). Use of rinses should be limited to one to two consecutive weeks.

Recommended:      \*Clinpro 5000                      \*Peridex                      \*PerioMed

It is recommended that you return for a 6-week re-evaluation and then 3-4 month cleanings for the first year after periodontal treatment. If symptoms are severe or persistent, or if an abscess (gum boil) should appear, please call the office immediately.