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POST OPERATIVE INSTRUCTIONS

SCALING AND ROOT PLANING

Scaling and root planning is an extensive process to remove calculus (tarter) from below the gum line and to smooth rough root surfaces.

Your gums will likely be tender for the next few days and should improve over the next couple of weeks. Bleeding is also common for the next few days.

To alleviate any discomfort you can use over-the-counter pain medication (i.e. Ibuprofen or Acetaminophen). Warm salt water rinses (1 tsp of salt in 8 oz of warm water) are also useful.

The key to successful treatment is your **HEMOCARE**. It is vital to follow any hygiene instructions given to you and to stay consistent with all recommendations.

You will be sent home today with home care aids. Reach flosser, proxy brush, Sensodyne, antibacterial mouthwash and an extra soft toothbrush.

We will check your tissues for improvement approximately 6-8 weeks after the completion of all arches/sides. And a series of periodontal maintenance appointments will be made at intervals determined by your progress and home care habits. Typically set between 3 and 4 months.

Please call if you have any questions or experience any discomfort you feel is out of the ordinary.