

Post-Operative Instructions Scaling & Root Planing

Dr. Jonathan Jenkins- Practice Limited to Periodontics & Implant Dentistry

The after care instructions for scaling and root planing are provided to help you understand what to expect following your treatment.

General after care instruction following root planing are the following:

- **BLEEDING** – some bleeding is normal after brushing for the first few days.
- **RINSING** – You may use a salt water rinse up to 3x a day to aid in healing and to reduce inflammation.
- **DISCOMFORT** - Over the counter anti-inflammatories such as Advil, Motrin and Ibuprofen tend to work the best. You may begin taking these medications the same day of your procedure.
- **SENSITIVITY**- You can expect some tooth sensitivity to temperature change and/or sweets to occur. The temperature sensitivity usually gradually diminishes over time. If this sensitivity is bothersome or persistent we recommend the use of desensitizing toothpaste such as Sensodyne.
- **EATING** – Avoid eating until the numbness goes away. Meals should be soft. Avoid any crunchy foods, seeds, corn, etc. for the next 3-4 days.
- **CLEANING** –You may resume normal brushing, flossing and irrigating. Any discomfort associated with brushing should improve within a few days.
- **SMOKING** – Avoid smoking or any use of tobacco for at least 72 hours following your procedure because it could delay healing and irritate the gums.
- **FOLLOW-UP** – You should return to our office 6-8 weeks following your deep cleaning. At this time, Dr.Jenkins will assess how the periodontal pockets have responded to the root planing.

Contact Dr.Jenkins if you have any questions or concerns

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