

SCALING AND ROOT PLANING

Our highly skilled & experienced hygienists have done their best to provide you with exceptional care during your root planing procedure. Your continuing care and follow up can assure long term success.

Chewing

- Because anesthetic may have been used, be careful not to bite or chew your lip, cheek or tongue while you are numb. Avoid chewing for a few hours after this procedure or until the numbness has worn off. Also, avoid hot drinks to prevent burning yourself while you are numb.
- Avoid foods with small seeds or hulls, such as popcorn and nuts on the day of the procedure. These things may get stuck between the tooth and gum tissue, which could prevent healing.

Sensitivity

- You may experience soreness and be sensitive to hot and cold temperatures. Over-the-counter pain relievers such as ibuprofen can help.
- Rinsing with warm salt water every few hours for the remainder of the day will encourage healing and soothe the tissues.

Oral Hygiene

- You may be asked to use an antiseptic mouth rinse after scaling and root planing. This is especially likely when soreness of the gums prevents effective oral hygiene measures. However, you should continue brushing and flossing as usual. You can expect some minor bleeding in the first days after scaling and root planing. This usually stops within a week.

If you have excessive bleeding, pain or swelling after scaling and root planing, contact our office at 262.338.2992.