



Post-operative care following root planing & scaling

Today, we removed hardened, mineralized deposits from deep within your gum pockets in a procedure called non-surgical root planing & scaling (also known as a deep cleaning). These deposits provide a home for the bacteria that cause periodontitis, the fancy name for gum disease.

- Before you came and saw us, your gums were swollen and infected, as that swelling decreases, new tooth surface will be exposed that has not been exposed to your mouth for some time. It is normal for this to cause your teeth to be slightly more sensitive, especially to temperature, for 1-2 weeks. A potassium nitrate containing tooth paste can help with this.
- Discomfort is usually minimal following scaling and root planing, and easily managed with over-the-counter ibuprofen (Advil) or acetaminophen (Tylenol) taken as directed on the bottle.
- A warm saltwater rinse can be helpful for several days following root planing & scaling to help aid healing and as a cheap and effective disinfectant.
- With your hard deposits removed this is the ideal time to focus on your oral hygiene to keep future deposits manageable. This procedure provides you with a clean slate.
- Be careful while you are still numb, patients who are numb are more likely to bite or burn themselves.
- Crunchy foods (such as seeds, chips, or crackers) can have a tendency to get stuck in the pockets as they heal, sometimes causing a small, localized infection. We recommend that you avoid these for the next few days.

As always, do not hesitate to contact us with any questions that you might have!

