



Patient Education: SCALING AND ROOT PLANING

Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacteria around teeth and under the gum line, which is causing bone loss. The goal is to produce clean teeth and roots, which will promote healing of the infection and inflammation that causes gum disease.

Post-Operative Instructions Following Scaling and Root Planing:

I. For Your Comfort

- a. You may take over-the-counter pain relievers for any tenderness or discomfort. Take ibuprofen or acetaminophen unless you have medical conditions or allergies that prevent their use.
- b. To help soothe the area, rinse your mouth 2-3 times a day with warm saltwater rinses (i.e., ½ tsp salt to 1 cup of water). If you are prescribed Stella Life Rinse, use as directed.

II. For Your Safety

- a. After scaling and root planing, avoid eating anything in the area being treated for **two (2) hours** or until the anesthesia has worn off completely. It is easy to bite or burn cheeks, tongue, or lips while numb.
- b. Resume your home care regimen of brushing twice a day and daily flossing (unless told otherwise due to Arestin placement). Your gum health must be maintained with proper home care as instructed, and regular wellness visits.
- c. Refrain from smoking for 24-48 hours after scaling and root planing as tobacco will delay healing of the tissues. Smoking cessation is highly recommended.

III. What to Expect

- a. It is not unusual for the teeth to be more sensitive to hot and cold temperatures. This occurs as the gum tissue heals and shrinks in size and should gradually resolve in a few weeks with proper home care. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.
- b. You can expect to notice less redness, less bleeding, and less swelling of your gum tissue. We will look forward to seeing you for your regular periodontal maintenance (usually spaced no further than 3 months apart) to keep up with what we just accomplished together. It's important to recognize that periodontal disease is rarely "cured," and most often needs regular care and maintenance to avoid progression or relapse.