



ESTHETIC **f**AMILY **D**ENTISTRY, LLC

"Where outstanding smiles are created"

POST OP CARE SCALING AND ROOT PLANING "DEEP CLEANING"

SENSITIVITY:

Tooth sensitivity following scaling and root planning is very normal. Using prescription fluoride toothpaste or Sensodyne can help minimize sensitivity.

DISCOMFORT:

While most patients experience very little discomfort or symptoms after scaling and root planning, exceptions can occur. If you have moderate discomfort, the soreness can increase for two to five days after the scaling and root planning, and can linger longer. Most discomfort can be controlled by 600-800-mg (3-4 tablets) of ibuprofen taken every 6-8 hours as needed

BLEEDING:

You may experience bleeding when you brush or floss your teeth for several days after the procedure.

ORAL HYGIENE:

Meticulous oral hygiene should be instituted at least twice a day after the scaling and root planing. Gentle rinsing after meals with a solution of one teaspoon of salt to one 8 oz. glass of warm water will often be soothing to the gums and help with healing. Rinsing helps flush out the debris, which collects around the teeth.

PERIODONTAL MAINTENANCE:

After your have completed your scaling and root planing, regular cleanings are no longer completely effective. The American Dental Association refers to post-scaling and root planing cleanings as periodontal maintenance. These periodontal maintenance visits are not considered regular cleanings due to the nature of disease control. It is recommended that you come in for a periodontal maintenance four times a year (every 3 months) so that we can actively monitor and control your gum disease.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT OUR OFFICE .

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