

Trevor L. Williams, DMD
Brett M. Birch, DMD

Scaling and Root Planning Post Op

The non-surgical treatment of your periodontal disease is done to remove the bacterial infection/plaque/tartar that is causing bone loss. The following steps will help ensure the best outcome and avoid any complications:

- Hygiene: Resume brushing twice a day and flossing 7 days a week. **Proper home care is essential to the success of treatment.**
- Discomfort: Please rinse 2-3 times a day with IO Rinse and use over-the-counter pain relievers as needed. Warm salt water rinsing (one teaspoon salt to one cup warm water) can also help relieve dental discomfort quickly and allows for faster tissue healing.
- Eating: Be very careful eating until the anesthetic has worn off. It is easy to bite your cheek, tongue, or lip while numb.
- Avoid any hard foods such as chips, popcorn, or seeds for the next several days.
- An electric toothbrush, such as the Sonicare, is a great option to aide in your healing process and to maintain the oral health goals we are setting to achieve. Even with an electric toothbrush, proper technique is essential. A WaterPik or power flosser makes a great adjunct to care below the gumline.
- Sensitivity: Sensitivity to cold is normal as these root surfaces have been coated with bacterial colonies and have not been exposed to air/water for a long time. Sensitivity toothpaste and fluoride rinses can help. Avoid toothpaste with "whitening" or "Tartar control" as these more abrasive toothpastes will contribute to the problem. If sensitivity continues or is severe, let us know during your 6-week reevaluation check.
- Tobacco/Alcohol: Refrain from tobacco/alcohol use for 48 hours; they will delay healing.

Next Step: In six to eight weeks, you will return for periodontal maintenance, the second part of your treatment. We will measure your progress and continue with treatment.

You can expect to notice less redness, less bleeding, and less swelling of your gum tissues after this point. Your teeth may feel smoother and your mouth will taste and feel better. We look forward to seeing you for your regular periodontal maintenance every 3 months to keep up with what we just accomplished together.

Periodontal disease is chronic condition but can be treated and maintained with routine dental hygiene visits and home care.