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Scaling and Root Planing Post Treatment Instructions

Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar (calculus) from around teeth and under the gum line, which is causing bone loss. The goal is to produce clean, healthy teeth and roots, which will promote healing of the inflammation and infection that causes gum disease. Please follow the below to help with the success of your treatment.

DISCOMFORT:

- You may take an over-the-counter pain reliever for any tenderness or discomfort such as ibuprofen (Advil/Motrin) or acetaminophen (Tylenol) unless you have medical conditions or allergies. Do not consume more than 3200mg of ibuprofen per day and no more than 3000mg of acetaminophen per day.
- If prescribed antibiotics – take as directed on the bottle.
- To help soothe the area, rinse your mouth 2 to 3 times a day with warm salt water rinse.

EATING/DRINKING:

- Avoid eating anything in the area being treated for two hours or until the anesthetic has worn off completely to avoid biting or burning your cheek, tongue or lip while numb.
- Avoid any hard foods such as tortilla chips, potato chips, popcorn, or seeds for 2 to 3 days.

HOMECARE:

- Immediately, begin your home care regimen of **Flossing Brushing and Irrigating (FBI)** twice a day (see handout).
- It is normal for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This occurs as the gum tissue heals and shrinks in size and should gradually resolve in a few weeks with proper home care.
- Avoid toothpastes with “whitening” or baking soda, as this will contribute to the problem. If sensitivity continues (use an over the counter sensitizing toothpaste like Sensodyne) or if severe, professional application of a desensitizing agent may be required.

SMOKING:

- Refrain from smoking for 24 to 48 hours after scaling and root planing as tobacco will delay healing of the tissues. Smoking cessation is highly recommended. Smoking can be a large risk factor in post-operative inflammation and/or infection. If you are a smoker, please do your best to avoid smoking.

NEXT APPOINTMENT:

- We look forward to seeing you for your regular periodontal maintenance cleaning on date/time of appointment to keep the health of what we just accomplished together.



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