

Henderson Family Dentistry

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Post Op Instructions Scaling and Root Planning (“Deep Cleaning”)

These are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from periodontal treatment.

1. **Tenderness is normal.** To reduce tenderness and promote healing, every 2-3 hours, rinse with warm salt water, swish in your mouth for 2-3 minutes (½ teaspoon salt in a 4 ounce glass of water)
2. **Avoid brushing or flossing the treated area for 12 hours.** However, after 12 hours it is very important that you continue to brush well twice per day. Please be careful brushing and use a toothbrush with soft bristles. You may moisten the brush with warm water if tissues are tender. Slight bleeding may occur while brushing as the tissues begin to heal over the next few days. This should decrease and eventually resolve. Remember: healthy gums do not bleed.
3. **Tylenol or Ibuprofen** may be used as recommended for discomfort, and we suggest that you take it before the anesthetic wears off. Over the counter analgesic pain medications (Orajel) are also recommended to manage your discomfort.
4. Highly nutritious foods are necessary for the healing process. Do not chew until the anesthetic has worn off to avoid injury to the tongue or cheeks. **Avoid foods that require excessive chewing, hard, sticky, crunchy or coarse foods** for the next few days.
5. **Tooth sensitivity is normal and often temporary.** You may use a desensitizing toothpaste such as Sensodyne, Biotene, or any other brand for sensitivity relief. Also, the cleaner they teeth are kept, the less sensitive they will be.
6. You may also **gently massage** the areas treated, with your washed fingers. This will increase circulation and promote healing.
7. **Smoking should be avoided for a minimum of 24-48 hours because it deters healing.** In addition, smoking will stop the progress of healing from the scaling and root planning and make stable maintenance of periodontal disease difficult. **Smoking cessation is highly recommended.**

Scaling and root planning is only the first phase of treatment. In most cases, only one half of the mouth is treated per visit. Please remember to keep all appointments to complete the treatment on the opposite side as well as all follow-up appointments thereafter. It is very important to be reevaluated at the appropriate time to ensure your disease has been treated effectively. You may still have persistent disease but no symptoms. Proper home care and regular “cleaning” appointments are necessary for successful long term care.

Lastly, please contact our office should you experience prolonged bleeding or any other problems during the healing process at **(903) 657-3139**