

*Stillwater Family Dental  
(651)-351-0890*

## ***PATIENT INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING***

Following scaling and root planing, you can expect to notice less redness, less bleeding, and less swelling of your gum tissue. Your mouth will taste better and feel better. Your gum health can then be maintained with proper home care and professional cleanings every 3-4 months.

### **Discomfort:**

Discomfort or pain should not be acute and should subside in a few hours. Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about four hours. Use of over the counter pain medication like Advil is acceptable. Please be aware of both your health situation and the directions on the package though.

### **Tooth Sensitivity:**

Teeth may be sensitive to temperature changes and/or sweets. This sensitivity to temperature may be noticeable following treatment, but will subside.

### **Bleeding:**

Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease.

### **Appearance:**

As the gums heal they may change their shape around the teeth. This is normal as they tighten.

## ***INSTRUCTIONS TO MINIMIZE SYMPTOMS***

### **Discomfort & Sensitivity:**

If local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue, lips, and cheeks. Advil or Tylenol should be taken as recommended to reduce discomfort. Application of a prescribed fluoride will help control sensitivity.

### **Oral Hygiene:**

If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. Mouth rinsing is recommended with either of the following solutions:

- An antimicrobial rinse, such as Peridex/Perioguard.
- A warm salt water rinse (one cup of warm water with ¼ teaspoon of salt, mix thoroughly and swish in mouth several times for 1-3 days following treatment).

## ***SPECIAL INSTRUCTIONS***

If symptoms are severe or persistent, please call our office immediately. You can reach us at **651-351-0890!**