



Central Park West Dentistry

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*Now with two locations to better serve you!*

25 West 68th Street, Suite 1A

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New York, NY 10023

## SCALING AND ROOT PLANING POST OPERATIVE INSTRUCTIONS

Following scaling and root planing, you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better. Your gum health must be maintained with proper homecare, as instructed, and regular professional care.

When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn away. It is easy to accidentally bite your tongue or lip while numb.

It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where your anesthetic was administered. If you are unable to take Motrin or Advil, then you may take Tylenol.

You may rinse with warm salt water as often as you wish. Stir no more than 1/4 teaspoonful of table salt and 1/4 teaspoonful of baking soda into a cup of warm water to use as your rinse solution. This will help soothe any gum tissues that may be tender after the root planing procedure.

It is not unusual 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. Brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time. If sensitivity continues or is severe, professional application of a desensitizing agent may be required.

For a few days, a soft diet is recommended.

Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing and rinsing with recommended products are critical.

If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you at your appointment.

In most cases, only one half of the mouth is treated at a visit. Please remember to keep all appointments to complete the treatment on the opposite side, and all follow-up appointments thereafter.

Do not hesitate to call the office at any time if you have any questions or problems concerning your post-operative care. The telephone number is (212) 579-8885. We have a 24 hour-a-day, 7 day-a-week answering service.