



Scaling and Root Planing / Deep Cleanings

Scaling and Root Planing therapy involves removing bacterial plaque and tartar from the root surface below the gum line. This reduces inflammation/infection and allows re-attachment of the gums to the root surface. The depth of the periodontal pockets is reduced thus allowing more efficient flossing and brushing.

FOR THE FIRST 24 HOURS:

- Do not eat or drink hot foods until the effect of anesthetic wears off.
- No vigorous physical exercise.
- Do not use a straw or sucking motions.
- Do not smoke or consume alcoholic beverages for at least 48 hours.
- Do not eat food that is extreme in temperature or spicy.

THINGS TO DO:

- For any discomfort you can take ibuprofen (Advil) or acetaminophen (Tylenol).
- Consume a soft diet for a day or two and if possible chew on the opposite side of the treated area.
- Rinse with a warm salt water rinse, one teaspoon in an 8 oz. glass of water, three times a day.
- Gently brush and floss the treated area for a few days. Then resume normal brushing in a week or until the soreness is gone.
- Rinse with chlorhexidine gluconate (Peridex) if prescribed, for at least 30 seconds twice daily.

As the gums heal they will appear to be pink, less swollen, and will bleed less when you floss.