



What to expect after scaling and root planing

Healing

- As your gums heal, you can expect to notice less redness, bleeding, and swelling. Your mouth may taste better and your teeth may feel smoother.

Numbness

- When anesthesia has been used, avoid chewing until the numbness has completely worn off, as it's easy to injure your tongue or lips while they're numb. It's recommended that you take ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off to help with any swelling or pain where the anesthesia was administered.

Home care

- A soft diet and chewing on the untreated side is recommended for a few days after treatment.
- Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing, and rinsing with recommended products is critical.
- Truly healthy gums can only be maintained by excellent home care that is supplemented by professional care.

Complete all treatment

- In many cases, only half of the mouth is treated at one visit, so please remember to keep your next appointment for treatment on the opposite side.

Sensitivity

- Your teeth may be sensitive to hot or cold temperatures and/or sweets after your procedure. This occurs as your gums heal back to a healthier and more cleansable shape. Brushing 2 to 3 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 desirable.

Teamwork

- Our purpose is to work with you and to encourage you as we regain your oral health.