**PATIENT INSTRUCTIONS FOLLOWING**

**SCALING AND ROOT PLANING**

**Discomfort:**

Most patients experience little or no discomfort after scaling and root planing. The most frequent complaint is slight tenderness of the gum tissue lasting no longer than 48 hours

The root surfaces of your teeth may be more exposed due to tartar removal and reduction of inflammation. This may result in teeth that are sensitive to cold drinks and foods.

* If needed take a NON­Aspirin pain medication as directed. Discomfort or pain should be acute and should subside in a few days.
* Use a sensitivity toothpaste containing the active ingredient Potassium Nitrate for a minimum of 2 weeks if sensitivity occurs. Application of a professional fluoride treatment after scaling and root planing can also assist in reducing sensitivity.

**Diet/Eating:**

Do not eat/drink anything for 30 minutes. Continue to be cautious eating/drinking until the anesthetic wears off, as you might bite your lips, tongue, or cheek and cause damage.

Avoid hard and crunchy foods (such as ice cubes, nuts, popcorn, chips, and seeds) for the next several days. If food pieces become lodged in the gums, it can significantly delay healing.

**DO NOT SMOKE FOR 24 hours after treatment. It is best to avoid smoking 7­14 days following this procedure. Smoking will delay the healing of your gums. In addition, please strongly consider quitting smoking. Smoking is the main risk factor associated with chronic destructive periodontal disease.**

**Oral Hygiene:**

**BRUSH** your teeth thoroughly 2­3 times per day for a minimum of two minutes. A rechargeable electric toothbrush is recommended. Remember to replace your brush heads every 3 months or when ill.

**FLOSS** your teeth every night after brushing (flossing after meals is also highly recommended)

**WATERPIK** every night after flossing and before rinsing

● Waterpik® Water Flosser can reach much deeper into periodontal pockets than either string floss, toothbrushes or other devices. The Pik Pocket tip is designed specifically for periodontal pockets and is available with the purchase of the Waterpik Aquarius model.

**RINSE** your mouth 2­3 times per day with an anti­gingivitis mouth rinse. Do not rinse with water or eat/drink for 30 minutes after using your mouth rinse.

**It is important to maintain good plaque control to promote optimal healing after scaling and root planing. HEALING WILL NOT OCCUR IF PLAQUE AND BACTERIA ARE NOT REMOVED FROM TEETH ON A DAILY BASIS.**