Douglas Dental Care

Joel R. Tidwell, DDS Dimitri Arfanakis, DMD Scaling and Root Planing Post-Operative Instructions

Thank you for trusting us to take care of your dental needs. We would like for you to recover and heal as quickly as possible. The directions below are designed to promote proper healing. Please read and follow the directions below.

- 1. Following scaling and root planning, 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 oral hygiene, as instructed, and regular professional care.
- 2. You may experience some soreness and cold/heat sensitivity. 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.
- 3. If you have received anesthesia, do not eat anything until the numbness has worn off. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 6 hours) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where your anesthetic was administered.
- 4. For a few days, a soft diet is recommended, chewing on the opposite side.
- 5. Continue your regular brushing, flossing and rinsing. Use non-alcoholic Listerine, or if prescribed, Peridex (Chlorhexidine).
- 6. If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you at your appointment.
- 7. Some bleeding for a day or two after cleaning is normal, but if you experience any excessive bleeding call our office.
- 8. 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.
- 9. Call our office (770-949-1821) if you are in pain or if you have any questions.