

# INSTRUCTIONS FOR SCALING & ROOT PLANING

---

Today you received a treatment for Periodontal Disease called Scaling and Root Planing (SRP), also known as a “Deep Cleaning”.

If we used anesthetic, avoid or be very careful chewing or eating hot foods until the numbness has worn off completely so that you do not bite or burn yourself. The numbing in the upper jaw will last approximately 1 hour, and the numbing in the lower jaw will last up to 4 hours. The site where the anesthetic injection was given may be sore for a few days.

To promote healing of the gum, do warm salt water rinses 2-3 times a day for a few days after your treatment. Continue with routine home care. Brush with a soft bristle toothbrush at least 2 times a day for 2 minutes each time, floss daily, and use mouthwash 2 times a day. Try to not smoke for 24 hours after treatment; smoking will slow down the recovery. The success of the treatment depends on how well you take care of the teeth and gums after the treatment.

Be cautious while eating anything hot or cold for the next few days. It is normal if you experience more sensitivity a few days after this treatment, because after the calculus (also known as tartar) is removed, the teeth will feel very “naked” and as a result will be more sensitive. The sensitivity will subside in a few days as your teeth get used to feeling free from the calculus covering. If teeth are especially sensitive, you may want to switch to sensitive toothpaste, such as Sensodyne<sup>®</sup>, for relief.

If you have discomfort after the procedure, you can take over the counter pain relievers that you would normally take for a headache, such as Ibuprofen (Advil) or Acetaminophen (Tylenol), as needed. If you have been told not to take these for any reason by your physician or dentist, such as due to allergy or medical contraindication, do not take them.

If you experience bleeding after the procedure, take some clean gauze, wet it and squeeze it out so that it is moist but not soaked, and press it firmly on your gums for 10-20 minutes. You can also use a black teabag instead of gauze. If you are still bleeding after repeating this three times, please give us a call.

You will need to return in 4-6 weeks after the deep cleaning in order for us to evaluate the success of your treatment and to see how well you have healed. If your gum pockets have not improved sufficiently, you may need more deep cleanings or a referral to see a specialist (periodontist) for more extensive treatment. If your gum pockets have improved to 3 mm or less, you will be considered “periodontally stable” and will need to come back every 3 months for periodontal maintenance.

***If you have any questions or concerns, please call us at (215) 525-3046.***