

## Scaling and Root Planing Post-Procedural Instructions

Scaling and root planing are non-surgical treatments for periodontal (gum-related) disease. Their purpose is to remove bacterial plaque and calculus (tartar) from around teeth and below the gum line, which would otherwise lead to bone loss. Cleaning and smoothing teeth and their roots reduces inflammation and promotes healing of the gums and surrounding tissue.

### Immediately After the Procedure

Avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely. Avoid any hard, sharp or chewy foods like chips, popcorn, seeds or tough meat for the next several days.

Refrain from smoking 24-48 hours after scaling and root planing. Tobacco delays tissue healing.

### Oral Hygiene

Immediately resume your regular homecare regimen of brushing twice a day and flossing, but be gentle in the treated area.

To help soothe the treated area, you may choose to rinse your mouth 2-3 times a day with half a cup of warm water mixed with one teaspoon of salt.

If you are prescribed the antibiotic rinse Peridex (chlorhexidine gluconate 0.12%), use as directed.

### What to Expect

You may experience some cold sensitivity—this is normal. Any sensitivity should gradually go away in a few weeks.

If needed, you may use desensitizing toothpastes, such as Sensodyne, Crest Sensitivity or Colgate Sensitive Pro-Relief. **Avoid** toothpastes with “whitening” as they will increase sensitivity.

You may take non-aspirin pain relievers such as Ibuprofen (Advil) or Tylenol as directed to relieve any tenderness or discomfort (unless medical condition prevents use of these medications).

**If you have any questions or concerns or persistent discomfort after your appointment, please contact us at 212-764-0440 or [drazadehakhavan@gmail.com](mailto:drazadehakhavan@gmail.com).**