



## ***What to expect after Scaling & Root Planing...***

You have just had a procedure called deep scaling and root planing. Its purpose is to remove all deposits of calculus (tartar) and plaque on the teeth below the gum line and to methodically plane, or smooth the root surfaces. This involves the removal of a thin layer of cementum covering the roots that have become infected with bacteria.

Scaling and root planing helps the gums to reattach to the tooth roots. Often this will reduce bleeding, decrease inflammation, and cause the spaces around the teeth to become less deep. This will allow you to clean these areas better.

When anesthetic is used, your lips, teeth, and tongue may be numb for several hours after the appointment. Be careful with eating until the numbness has worn off. It is not unusual to have some discomfort of the gums, teeth, and jaw joint after the anesthetic wears off. Rinsing with warm salt water and/or taking Tylenol, etc. may be helpful with the soreness.

Your teeth may also be more sensitive to cold. This should fade with time. However, it is made worse by poor plaque control, vigorous brushing, and the use of tartar control toothpaste. If necessary, a desensitizing toothpaste or fluoride gel may be prescribed.

In most cases 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.

Follow-up appointments generally consist of a periodontal maintenance appointment to re-evaluate pocket depths and perform supportive periodontal therapy.

It is very important to continue good daily oral hygiene, especially thorough brushing and flossing. At first you may notice slight bleeding. If chlorhexadine rinse or antibiotics are given, please take as directed.

You can contact us at 332-4751 if you have any further questions or problems.

*Every time you smile at someone,  
it is an action of love, a gift to that person,  
a beautiful thing.*

*~Mother Teresa*