

Scaling and Root Planing Aftercare Instructions

After you have undergone a scaling and root planing treatment, you will likely experience *less* redness, bleeding, and swelling in your gum tissues. In order to maintain these results, be sure to practice consistent oral hygiene at home and attend follow-up appointments with Dr. Farian.

Discomfort/Pain

Any initial discomfort or pain you feel should dissipate within a few days. You may experience a slight throbbing or aching sensation in the roots of your teeth, particularly when chewing. For most, this discomfort goes away within 4 hours or so. You might experience some extra soreness while brushing, but this should feel better after about 3 days.

Tooth Sensitivity

Your teeth may feel extra sensitive to temperature changes and/or sweets immediately after treatment. This may be quite intense for the first 2 or 3 days, but it will eventually go away.

Bleeding

Most patients experience at least minor bleeding while brushing right after scaling and root planing, but this should stop after about 2 or 3 days.

Appearance

Your tooth's root surfaces may become more exposed as the inflammation goes away, and this can possibly lead to more spaces between the teeth.

Instructions to Minimize Symptoms

Chewing hard foods such as meat or crunchy vegetables will likely feel uncomfortable right after treatment. This should go away after a few days, but we recommend starting with a diet of softer foods such as cottage cheese, yogurt, soups, pudding, and so on.

Discomfort/Pain

Acetaminophen, or a non-aspirin analgesic, should be taken as needed to help with any pain. If pain persists or gets worse over time, please call our office.

Oral Hygiene

If your gums feel tender after scaling and root planing, you can still brush your teeth, but do so very gently. This may take a little more time than usual. By the third or fourth day, you should be able to clean your teeth as normal. Rinsing with either of the following solutions is acceptable as

well: (1) an antimicrobial mouthwash, or (2) warm saltwater. These rinses should only be used for about 1 to 2 weeks.