



## **Post Operative Instructions for Scaling and Root Planing (Deep Cleaning)**

You have just gotten a deep cleaning. Here are some things to remember and what you may experience in the upcoming days.

- Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of this treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease.
- After scaling and root planing, avoid eating anything on the area being treated for two hours or until the anesthetic has worn off completely. Avoid any hard “**chippy**” foods such as tortilla chips, potato chips, popcorn, or seeds from the next several days.
- It is best to rinse your mouth **2-3** times per day with warm salt water. One teaspoon salt/ 8oz water.
- Start **homecare** immediately, but be gentle with the area recently treated.
- If you feel **discomfort or tenderness** in the gum tissue where you had treatment, an Advil or Tylenol may be taken to relieve this feeling unless you are allergic or have medical conditions that prevent taking these medications.
- The treatment area will probably be **sensitive** to hot and cold. This sensitivity is the most common complaint after root planning and is due to removal of tartar and a minute amount of tooth root surface. Any sensitivity should gradually go away in a few weeks; however, in some cases, the sensitivity may take longer to go away. In rare cases, some permanent sensitivity results. Try to avoid cold liquids and foods for a few days after scaling and root planning is performed. If needed, you can use desensitizing toothpastes, such as Sensodyne or Crest for Sensitive Teeth to reduce sensitivity.
- You may also experience some swelling or jaw stiffness. If this does occur, you can place a cold compress on the swelling or a hot towel on the stiffness.
- Refrain from **smoking** for 24-28 hours after scaling and root planning. Tobacco will delay the healing your tissues.
- If you have persistent discomfort or swelling that occurs after scaling and root planning, contact our office at **303-988-6860** as soon as possible.