

# Great Oak Dental

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## Post-OP Instructions after Scaling Root Planning

- Following scaling and root planning you can expect to notice less redness, less bleeding, and less swelling of your gum tissues. Your teeth may feel smoother, and your mouth will taste and feel better. Your gum health must be maintained with proper homecare, as instructed and regular professional care.
- When anesthesia is used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb.
- It is not unusual for the teeth to be more sensitive to hot or cold temperatures, and/or sweets. This occurs as the gum tissues heal and shrink in size. Brushing two or three times daily with sensitivity toothpaste or using fluoride rinses may help alleviate this over time. If any sensitivity continues or is severe, professional application of a desensitizing agent may be required.
- Consistent and thorough daily oral hygiene is essential to the proper healing of your gum tissues. Brushing, flossing, and rinsing with the recommended products are critical.
- If a localized antibiotic (Arestin) was placed, please follow all additional instructions given to you at your appointment.
- In some cases, only one half of the mouth is treated at a time. Please remember to keep all appointments to complete the treatment on the opposite side, and follow-up appointments thereafter.