

THE CENTER FOR
Cosmetic & Restorative
DENTISTRY
It's your time to smile.

Periodontal Therapy Post-Operative Instructions

Periodontal Therapy (also known as Scaling and Root Planing) is a non-surgical treatment for periodontal disease and to remove biofilm, bacterial plaque, and tartar from around teeth and below the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing and reduce chronic inflammation and infection of your gums. We are happy to partner with you to achieve a healthier mouth and body!

- You may take a non-aspirin pain reliever for any tenderness or discomfort. We recommend ibuprofen (Advil), or Motrin 400-600mg as needed for discomfort unless you are allergic or have medical conditions that prevent taking these medications. Take what your physician has recommended for you.
- To help soothe the area, rinse your mouth 2-3 times a day with warm salt-water rinses. Use one teaspoon of salt for every 1 cup of warm water
- It may take a few hours for the dental anesthesia to wear off. Be careful when chewing and avoid biting your lip/tongue/cheek.
- Resume your new home care regimen as instructed by your hygienist
- Use sensitivity toothpaste as recommended by your hygienist to prevent possible temperature sensitivity in the treated areas.
- Refrain from smoking for 24 to 48 hours after your periodontal therapy. Tobacco use will delay healing of the tissues

If you have any questions or concerns about your treatment, contact the office at 757-546-5262