

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

## **Scaling and Root Planing Post-Operative Instructions**

Scaling and root planing is a non-surgical treatment for periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and below the gum line. Untreated gum disease is linked to several underlying systemic health concerns like diabetes, heart disease and high blood pressure. The goal is to produce clean, smooth teeth and roots, which will promote healing and reduce chronic inflammation and infection of gum tissue.

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 up to 2 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
- Refrain from smoking for 24 to 48 hours after scaling and root planing. Tobacco use will delay healing of the tissues

If you have any questions or concerns about your treatment, contact the office for instructions as soon as possible.

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