



# CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

## Scaling and Root Planing (Non-Surgical Periodontal Treatment)

### *Periodontal Disease Treatment Post-Operative Instructions*

- **WHAT TO EXPECT:** Following periodontal disease treatment, expect gum tissue in the treated areas to be sore and tender to touch for several days. Swelling, discomfort, and bleeding may occur depending on the extent of the treatment and location in the mouth. If you were numbed for this procedure, please be careful while eating or drinking until normal feeling returns.
- **SENSITIVITY:** It is not uncommon to experience an increase in tooth sensitivity, especially to cold, following treatment. This will often fade away over the next several weeks. An anti-sensitivity toothpaste can be helpful during this time. If you need product suggestions, please let us know. We also have options available at the office for your convenience.
- **PAIN:** If you feel that discomfort and/or sensitivity is too much, you can take analgesics such as Advil (ibuprofen) or Tylenol (acetaminophen). An effective combination for pain relief is 600mg ibuprofen with 1,000mg acetaminophen. You can take this combination every 6-8 hours as needed.
- **RECOMMENDED HOME CARE RINSES:** Warm to hot salt water rinses (1/2 tsp salt to 4 oz. warm water) every 2 to 3 hours can help sore tissue feel better and heal more quickly. Do these rinses for 1 to 3 weeks until your gum tissue is pink, tight to your teeth and does not bleed. If we've recommended a specific at home rinse for you, begin using that as well.
- **ORAL HYGIENE:** The treated areas should be kept plaque-free with thorough brushing (soft bristled brush), flossing, and other recommended plaque-control devices or rinse every time you eat for 1 to 3 weeks. Please begin as directed use of any recommended home care aids (rubber tip, Sonicare, Waterpik, interproximal brushes, etc). If you have any questions about proper usage of any product, tool, or technique that we've discussed with you, please don't hesitate to let us know!



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- **ANTIBIOTICS** – If antibiotics were prescribed as part of your treatment, please begin taking them and complete the prescription as directed. ***Please supplement with a quality probiotic while taking systemic antibiotic prescriptions.***
- **DIET:** For the next several days, avoid foods that are hot or spicy as well as sticky, hard, or crunchy foods and anything with nuts, seeds, or popcorn that could irritate or get stuck under your gums. Focus on a diet full of highly nutritious foods as much as possible to aid in healing.
- **SMOKING:** AVOID SMOKING for as long as possible after treatment. The heat and chemicals in cigarette smoke will significantly delay your healing and prevent optimal results. Please consider quitting!
- **FOLLOW UP TREATMENT:** Patients that have been treated for periodontal disease should maintain a strict preventative maintenance program. Typically a 3 month periodontal maintenance routine is recommended for in office visits. Periodontal disease is a chronic disease and without proper maintenance the bacterial infection and inflammation can return. In office visits alone will not ensure continued periodontal health; your home care regimen is also vital to success. Please maintain your investment in your health!