



savannah periodontics  
PERIODONTICS AND IMPLANT DENTISTRY

## Instructions After Scaling and Root Planing

**Discomfort/Pain:** Discomfort or pain is typically minor and should subside in a few days. You may experience slight throbbing or aching, which usually subsides in about four hours. Any discomfort due to brushing should improve in one to three days depending on the severity of periodontal disease.

**Tooth Sensitivity:** Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be intense the first two or three days and usually resolves gradually.

**Bleeding:** Some slight bleeding may occur during the next several brushings but should steadily decrease after two or three days.

**Appearance:** Root surfaces may be more exposed as the inflammation subsides and gums heal. This may result in more spaces between teeth.

### Instructions to Minimize Symptoms:

**Diet/Eating**—If extensive root planning was performed, chewing hard foods, such as meat or raw vegetables may be uncomfortable; this should last no longer than a few days. A diet of softer consistency would be advised until chewing becomes more comfortable.

**Anesthetic:** If a local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Tylenol or a non-aspirin pain reliever should be taken as needed to reduce discomfort. If tooth sensitivity persists, use a desensitizing toothpaste. If the sensitivity is prolonged, professional application of a desensitizing agent may be required.

**Oral Hygiene:** If gums are tender, brush your teeth gently but thoroughly. By the third to fourth day, normal oral hygiene techniques can be resumed. Mouth rinsing is recommended with either of the following solutions: (1) an antimicrobial rinse, or (2) a warm saline rinse. Use of these rinses should be limited to one to two weeks.

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