

SCALING AND ROOT PLANING / DEEP CLEANING INSTRUCTIONS

How Long Will I Be Numb?

How long you are numb depends on the amount and type of the anesthetic used and the time since the injection. It may be already wearing off, or it may last for several hours after your appointment. Whatever the case, do not eat anything or drink hot liquids while you are numb.

Is It Normal For My Mouth To Be Sore?

Your mouth can be sore from the procedure which involves working below the gums to remove the diseased root surfaces. Also your mouth has been open for a long time possibly causing joint inflammation. The injection site can also be tender. If Peridex was prescribed you should continue to use it until it is gone, this will help with gum irritation. It is helpful to take Motrin (if not allergic to it) before the anesthetic wears off. If unable to take Motrin, you can take what you normally take for a headache.

Can I Brush And Floss?

Meticulous oral hygiene is the cheapest and most effective insurance you can get for preserving your teeth. Developing a habitual daily oral hygiene routine is essential for the successful outcome of this procedure. You can start brushing and flossing as soon as the numbness wears off. You may notice a tint of blood from brushing and flossing as the gums are inflamed and irritated from the periodontal disease and exacerbated by the scaling and root planing. You should brush gently yet thoroughly at least twice per day and floss once per day. You should also start incorporating any other hygiene aids that were recommended into your daily oral hygiene routine.

Is It Normal For My Teeth To Be Sensitive?

Sensitive teeth after scaling and root planing are common for several reasons. The process of removing the diseased root surfaces exposes the porosity of the root. Moreover, the plaque and tartar that was removed from your teeth acted as an insulating barrier. Also the inflamed gum tissue shrinks as they heal and repair from the periodontal disease exposing more root surfaces. We recommend using sensitive tooth pastes such as Sensodyne and discontinuing any tartar control or whitening toothpastes, as these can lead to prolonged sensitivity. Removal of all plaque from all surfaces of your teeth is critical as the plaque will also irritate the freshly scaled root surfaces. Let us know if your sensitivity is not under control so we can prescribe the best remedy for you.

Why Do I Now Have Gaps Between My Teeth And Gums?

The gaps between your teeth were there already but filled with plaque, tartar, and inflamed gum tissue. After the removal of the plaque and tartar, the gum inflammation resolves, and the gaps become more apparent. These spaces are food and plaque traps and must be cleaned thoroughly to prevent the periodontal disease from flaring up.

When Should I Return For Another Appointment?

When all four quadrants are completed, (typically done in four 1-hour , or two 2- hour appointments) we will have you back for a reevaluation of your pocketing and gums in 30 days. Subsequent appointments are typically every three months for maintenance depending upon the status of your gums and plaque control.

If you have any questions, feel free to call us anytime.

Thank you for your referrals of your friends and family members, they are the best compliments we can receive.