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SCALING AND ROOT PLANING — (DEEP CLEANING) POST OPERATIVE

What Patients Should Know About Scaling and Root Planing (Deep Cleaning) Procedures.

Scaling and Root Planing is a proven way to halt the progression of gum disease. Given the severity the treatment may take multiple visits and require segmental anesthesia. Immediately after the treatment the tissues may feel uncomfortable; however, this is temporary. Below are some techniques on how to reduce and shorten the period of discomfort.

- 1. Smoking:** Your teeth and gums need to heal after the procedure and smoking reduces the ability of the body to heal. Refrain from smoking for at least 24 hours after your procedure. Generally smoking cessation is highly recommended as it is a contributor to gum disease as well as oral cancer.
- 2. Soreness:** Your gums may feel sore once the anesthesia wears off. The injection site may be especially sore or appear bruised. This is normal and the tissues will require time to adapt. This generally takes 1-2 weeks. Over the counter pain medication can help and/or salt water rinses to soothe the gum tissues.
- 3. Sensitivity:** Your teeth may feel hypersensitivity once the anesthesia wears off. This is normal and now the “bacteria blanket” was removed, the teeth need time to adapt. Using sensitivity tooth paste such as Sensodyne or a prescription hyper-fluoridated for two weeks will greatly improve the discomfort.
- 4. Bleeding:** While the tissues are healing, your gums may bleed while brushing and flossing for the first 2-3 days. This is normal and when the gums mature and are healthy, they will be able to withstand the normal forces of keeping your teeth clean.

Care and Maintenance

You have taken the first step to stopping gum and bone disease and it is important you follow a daily home care regime to prevent falling back into gum disease. Once your gums and supporting structures are stabilized, your hygienist will help craft a personalized routine to keep you in a stable state. You never get back the bone once lost, so it is critical to maintain what remains. Below are a few modifications that maybe made to your oral home care regime.

- Additional instruments recommended due to the anatomy of the teeth.
- The frequency of your cleanings may be changed depending on how you are responding to treatments.
- A different class of cleaning, requiring more time or special focus maybe required.

If you have any questions or concerns, please contact our office. Please know your comfort and health is our priority and we are here to help.