



Post operative instructions for Scaling Root Planning (Deep Cleaning)

*Postoperative care is crucial for ensuring proper healing and optimal results after a scaling and root planning procedure. Your team at **GO** are here to provide clear instructions to our patients and help them understand how to take care of their oral health following the treatment.*

Please review the following to ensure a smooth and comfortable experience.

During the procedure, the gum pockets were cleaned of all bacteria and calculus. Therefore, you will feel soreness around the gums and sensitivity on the teeth.

Do not eat anything until the numbness wears off. Do not drink anything hot until the numbness wears off.

Oral Hygiene:

Continue to maintain good oral hygiene habits. Brush your teeth gently but thoroughly twice a day and use a soft-bristle toothbrush. Pay extra attention to the gumline and areas that were treated.

Rinsing:

Rinse your mouth with warm saltwater (1/2 teaspoon of salt in an 8-ounce glass of warm water) after meals. Rinse with the chlorhexidine mouth rinse for 2 weeks after the procedure. Please use 15ml in the cap and rinse for 30 seconds. Spit do not rinse. Do this in the morning prior to eating anything. This will help reduce inflammation and promote healing. *Do not overuse the medication as it will cause staining of the teeth.*

Avoid Irritants:

Avoid spicy, hot, or crunchy foods for the first few days to prevent irritation. opt for softer foods that won't disturb the treated areas.

Discomfort and Sensitivity:

Some discomfort, sensitivity, and minor bleeding are normal for a few days after the procedure. Over-the-counter pain relievers can be used as directed for pain management. *Please use Prevident 5000 sensitive toothpaste to aid in decreasing the sensitivity to hot and cold.* The teeth are now completely cleaned of all bacteria, plaque, calculus, and biofilm. They will be sensitive. The ingredients in the *Prevident 5000* will decrease sensitivity. Use this only at night. Brush like normal, and spit do not rinse.

Swelling:

Mild swelling may occur. Applying a cold pack to the outside of your cheek for 20 minutes at a time can help reduce swelling.

Medications:



Take any prescribed or recommended medications as directed. If antibiotics were prescribed, finish the entire course.

Smoking and Alcohol:

Avoid smoking and alcohol consumption, as they can hinder the healing process and increase the risk of complications.

Avoid Hard Brushing and Flossing:

Avoid aggressive brushing and flossing around the treated areas for the first week. Use a gentle touch to prevent irritation.

Follow-Up Appointments:

If you have completed your full scaling root planning procedure, please return for your 6–8-week re-evaluation. If you only completed one side, you must return in a timely manner to complete the other side. It is very easy for bacteria to reattach to the treated side if the other side is not completed within a timely fashion.

Regular Dental Care:

Maintain your regular dental checkup and cleaning appointments to keep your oral health in check.

Stay Hydrated:

Drink plenty of water to stay hydrated, which promotes healing and overall oral health.

Healthy Diet:

Consume a balanced diet rich in vitamins and nutrients to support the healing process.

Report Any Concerns:

If you experience severe pain, excessive bleeding, swelling, or any other unusual symptoms, contact us immediately.

Payment and Insurance Questions:

If you have any questions about post-treatment costs or insurance coverage, feel free to ask our team.

Following these instructions will help ensure that you have a comfortable and successful dental procedure. If you have any specific concerns or questions, please don't hesitate to contact us.

Thank you and thank you for your trust. You are always welcome to text, email, or call us if you have any issues or questions. Welcome to the standard of dental care, GO DENTISTRY, powered by MyChart!