



Pre-Op for Scaling Root Planning also known as Deep Cleaning

Preparing for scaling root planning, also known as a deep cleaning, is essential to ensure a smooth and successful experience. Here are some important preoperative instructions to follow.

Medical History and Medications

Inform our team about your complete medical history, including any underlying health conditions, medications you are taking, and any allergies you may have, especially to anesthesia or antibiotics.

If you are taking any blood thinners or anticoagulant medications, discuss this with our team, as it may impact the procedure.

Arrive on Time

Be punctual for your appointment to allow time for any necessary paperwork and preparations.

Eating and Drinking

You will be receiving local anesthesia. Please have a meal and drink before your appointment. You will not drink for a period after the procedure.

Hygiene

Brush your teeth and floss thoroughly before coming in for the procedure. Maintaining good oral hygiene helps reduce the risk of infection.

Pain Management

If you have dental anxiety or concerns about discomfort during the procedure, discuss pain management options with our team beforehand so we can prepare you with the proper analgesics after the appointment.

Comfortable Clothing

Wear loose, comfortable clothing to ensure a relaxed and stress-free experience.

Communication

If you have any questions or concerns about the procedure, don't hesitate to ask our team before the appointment.

Minimize Stress

If you're feeling anxious about the procedure, try relaxation techniques like deep breathing or listening to calming music. We offer a variety of different calming agents in the office such as pillows, blankets, movies, beverages, ear plugs and noise canceling headphones. Please ask for them during your visit.

Reschedule if Unwell

If you develop a cold, flu, or any contagious illness before your appointment, it's best to reschedule to prevent the spread of germs to staff and other patients.