



LANDS END DENTAL

Patient Instructions Following Scaling and Root Planing

Discomfort

Discomfort or pain should subside in a few hours, definitely within a few days. There may be slight throbbing or aching immediately after treatment. This is normal.

Tooth Sensitivity

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable the first several days and usually diminishes quickly. This is usually because the teeth and roots are more exposed now that they are cleaned of heavy tartar buildup.

Bleeding

Slight bleeding may occur during the next several brushings, but should gradually decrease. For the first day, avoid flossing/picking your teeth to maximize healing. Use saline or chlorhexidine rinses as well.

Appearance

As the gums heal, they may change their shape around the teeth. This is normal.

Instructions to Minimize Symptoms

Diet / Eating

Chewing hard foods may be uncomfortable; this should last no longer than a few days. A soft diet is advised until chewing becomes more comfortable.

Discomfort / Sensitivity

Over the counter pain medication should be taken as recommended to reduce discomfort. These include Tylenol (acetaminophen), Advil (ibuprofen). If sensitivity persists, use a toothpaste for sensitive teeth.

Oral Hygiene

Brush your teeth gently but thoroughly with an extra soft toothbrush. By the next day, resume flossing and using interdental brushes. Rinsing is recommended with either of the following solutions: 1) an antimicrobial rinse, 2) a warm salt-water rinse.

If symptoms are severe or persistent, please call our office immediately.

