



## **POST OP INSTRUCTIONS - AFTER Scaling and Root Planning**

When local anesthetic has been used, your cheeks, lips, teeth, and/or tongue may be numb for several hours after the appointment. Avoid any chewing or hot beverages until the numbness has completely worn off. This prevents biting the inside of your cheeks, lip, and/or tongue and burning the inside of your mouth. If you do injure the inside of your mouth, it will take 10-14 days for your mouth to heal.

The site where the injection was given can be sore. You may take an anti-inflammatory like Aleve, Tylenol or Ibuprofen to alleviate any discomfort. You may also place ice outside the area worked on to alleviate any discomfort.

The procedure you have had done today is called Scaling and Root Planning. The infective coating of bacteria was removed from your teeth either in the form of plaque and/or calculus. Sometimes the plaque masks the symptoms of your teeth being exposed, therefore sensitivity is greater after your teeth have been cleaned. If you experience this sensitivity tell your hygienist and they will place fluoride protective barrier.

\*\*\*It's normal to experience some hot and cold sensitivity after your appointment. The sensitivity can last for several weeks. Underneath your enamel, the dental structure has nerve cells that can be affected- this will subside over time. If persists over 4-6 weeks, please call.

Because we scaled your teeth and gum tissue was most likely unattached from the teeth, your gums may be sore for several days. Rinsing with warm salt water (1 tsp. salt in 1 cup of warm water) or mouthwash may alleviate pain or swelling around the gum tissue that you may be experiencing.

If you have severe pain, persistent pain, or if you have any other questions or concerns, please call our office 402-715-5858