

MURPHY DENTAL GROUP

Dr. John & Patrick Murphy

POSTOPERATIVE INSTRUCTION FOR SCALING AND ROOT PLANING

Scaling and root planning is a nonsurgical periodontal treatment which involves removing tartar and bacterial plaque from the root surface below the gum line. The procedure reduces inflammation and infection and improves the depths of periodontal pockets allowing you to more efficiently floss and brush your teeth.

During the healing phase after completion of scaling and root planning your gums will ideally begin to tighten shrinking periodontal pockets. Any swelling, redness and inflammation will begin to resolve.

This procedure is generally performed using a topical anesthetic called Oraqix. It works quickly and is effective for approximately 20 minutes. As a topical it works mainly to reduce gum sensitivity. If a higher level of anesthetic is necessary, local anesthetic injections may be administered as well.

Most patients experience little to no postoperative discomfort. If you are experiencing discomfort or pain, you can take a mild pain reliever as needed. We recommend 200-400 mg of ibuprofen or 325 mg of acetaminophen every 6-8 hours. You may also use a warm salt water rinse (approximately ½ tsp. of salt in 8 ounces of water) 3 times a day. If your teeth are sensitive to temperature, you may use a sensitive toothpaste. Brush and floss gently until any soreness is resolved and then resume normal brushing and flossing.

For the first 24-48 hours following scaling and root planning you may experience: sensitivity to cold, heat, chewing, tender gums or minor bleeding.

For the first 24 hours do not:

Eat hot or spicy foods as this may increase sensitivity.

Smoke as this will inhibit the healing process

Eat or drink hot foods or beverages until anesthesia used for treatment has worn off.

After the procedure a prescription of antibacterial mouthwash, Peridex, will be given to aid in the healing of your gums.

Please rinse with ½ ounce 2 times a day for one week.

A one month follow up appointment is scheduled with the hygienist to evaluate your tissue and periodontal pockets to determine if a visit to the periodontist is necessary for any further treatment. Then, 3-4-month maintenance cleanings are recommended, to monitor progress and treatment of periodontal disease.

If bleeding persists, swelling appears or pain increases in intensity please call our office at 617-696-3900