

SCALING AND ROOT PLANING POST-OPERATIVE INSTRUCTIONS

Numbness Following your root planing appointment, your mouth may be numb for up to 3-4 hours. Take care not to accidentally bite your cheek or tongue while they are numb. It is best to refrain from eating until the numbness is gone to prevent injury to the tongue and cheek.

Tenderness Following the root planing, your gums may be tender; however, it is important to use proper oral hygiene, including brushing and flossing, so that the gums will heal. It is normal for the teeth to be sensitive to cold following the root planing. For tenderness (soreness) of the gums, warm salt water rinses will help. Mix 1 teaspoon of salt with a small glass of warm water and rinse thoroughly for one minute. Repeat as needed ever 2-3 hours. Advil or Tylenol may also be taken as needed.

At your final appointment, Dr. Tingey will re-assess your periodontal status to see how your tissue has responded to the scaling and root planing treatment that was just completed. This appointment is critical to determine the stability of your periodontal disease.

If you have concerns, please call Dr. Tingey,

GREAT FALLS PERIODONTICS AND DENTAL IMPLANTS, PC

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