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Periodontics & Dental Implants

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SCALING AND ROOT PLANING POST TREATMENT INSTRUCTIONS

Medications: Post treatment discomfort is normal. Discomfort should subside within a few hours to a few days. Over the counter "OTC" analgesic pain medications are recommended to manage your discomfort.

Tooth Sensitivity: Your teeth may be sensitive to extreme temperatures and/or sweets. This may last several weeks. De-sensitizing toothpastes such as "Sensodyne" or "Biotene" are helpful for sensitivity.

Eating: It is important to obtain adequate nutrition and fluids. Do not chew until the anesthetic has worn off to avoid injury to the tongue or cheeks. Try to maintain a soft diet for the first few days, and avoid nuts, chips, and food with small seeds.

Bleeding: Bleeding may occur sporadically over the next few days. This should decrease and eventually resolve. Remember: healthy gums do not bleed.

Appearance: Teeth may look longer in some areas and roots may become exposed. This is due to the decrease in inflammation of the tissues following treatment. Because you have lost bone due to periodontal disease, the tissues will settle and shrink as they become healthy again.

Oral Hygiene: It is necessary to brush and floss regularly following scaling and root planing. If your tissues are tender, brush and floss gently but thoroughly. Using a mouthrinse may help but should be limited to 1 or 2 weeks. Warm salt water rinses are soothing and can be used anytime – simply add 1-2 tsp salt to 8 ounces of water.

Scaling and root planing is only the first phase of treatment. It is very important to be re-evaluated at the appropriate time to ensure your disease has been treated effectively. You may still have persistent disease but no symptoms. Proper home care and regular "cleaning" appointments are necessary for successful long term care.

Please contact us if you have further questions

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