



**SAM ROMANO, DMD**

Sedation • Family Dentistry • Implants

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**973 377 7088**

## **After Scaling and Root Planning**

**ORAL HYGIENE:** On the day following treatment, gently brush around the gum line, Start flossing the day after procedure is done (unless ARESTIN has been placed and then follow specific instructions given below). Tenderness when brushing and flossing may last for several days. Through plaque removal must be accomplished and will help reduce tenderness and sensitivity, as well as maximize healing. Start using the prescribed rinse the day of the procedure. Use half a capful of rinse, twice a day, after breakfast and before bedtime. Rinse vigorously for 30 seconds and spit (if ARESTIN was placed, then instead do a gentle roll with the rinse). Do not rinse with water, eat or drink for 30 minutes following the rinse.

**DIET:** Maintaining an adequate diet is essential to ensure proper healing. However, avoid crunchy foods such as popcorn, nuts, chips and foods with small seeds. These foods can get lodged between the gum and tooth, delaying healing.

**SMOKING:** Smoking and the heat it produces can irritate the gums, slowing the healing process. It is advisable to not smoke for a few days following root planning in order to insure proper healing.

**BLEEDING:** Slight bleeding and tissue irritation following root planning for the first or second day is not usual. To aid in stopping excessive bleeding, a moist tea bag may be applied with direct pressure for fifteen minutes, If bleeding persist beyond a few hours, please contact our office at 973-377-7088. Also, avoid any physical exercise or heavy lifting for the remainder of the day so bleeding does not start again.

**TOOTH SENSITIVITY:** Varying degrees of root sensitivity following root planning may occur. In most individuals, this sensitivity may last a few weeks before gradually subsiding. Please let us know if sensitivity is a problem and we will dispense special desensitizing products.

**GUM SENSITIVITY:** Discomfort following root planning varies from patient to patient. Usually ibuprofen or acetaminophen (Advil, Motrin, Tylenol) taken as directed will relieve any discomfort. Warm salt water rinses (1 tsp. salt/8 oz. water) every 3-4 hours the first few days will aid in healing irritated areas.

If you notice any of the following symptoms: persistent and/or excessive swelling or bleeding, jaw stiffness, pus drainage or a bad taste, please contact our office immediately.