

Gum Therapy (Scaling and Root Planing) Post-Care Instructions

Numbness/Anesthesia

Your mouth will be numb for the next several hours. Be careful not to bite your lips or tongue and avoid hot beverages and food. Avoid any hard, crunchy or sticky foods for the next 2-4 days.

Care of your Mouth

Start home care as instructed immediately. At first you may have to be gentle. Rinse your mouth 2-3 times per day with warm salt water as needed (one teaspoon of salt per 8 oz of warm water). Or, if you have purchased the Oxyfresh Kit from us, you can use the Rinse in place of warm salt water and also apply the Gel directly to sensitive gums.

Please wait until your gums have begun healing (usually 1-2 days before they are not red and swollen) before you Waterpik and floss vigorously. You may floss gently and brush in the meantime.

Discomfort

Your gums will be tender or “achy”. Taking 3 tablets of Ibuprofen (600 mg) every 6 hours as needed, over the next couple of days, will eliminate any discomfort. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of “sensitive” toothpaste or Oxyfresh Gel on the “touchy” surface will help to manage the sensitivity.

Smoking

Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. You must refrain from smoking for 24-48 hours, or longer.

Prescriptions

If you were given a prescription, please be sure to take the medication as prescribed.

Laser Assisted Periodontal Therapy

If you have chosen to supplement your gum therapy with laser therapy today, there are no more specific modifications you need to make to the instructions above. Our powerful laser helps with overall healing of the gums by significantly reducing bad bacteria (thinks millions to hundreds), as well as taking away diseased tissue.

Follow-up

Because the bacteria that cause periodontal disease are persistent, the infection can return. **It is paramount that you not only maintain good oral hygiene at home but also visit us for your gum maintenance appointments every 3 months so that we may re-examine your gums, ensure your infection is under control, and measure the success of your treatment.**

