



SCALING & ROOT PLANING - Post-op Instructions

Scaling and Root Planing (SRP) is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around the teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflamed tissues and to stop infection caused by gum disease.

How long will I be numb?

The area that has been worked on today will stay numb for typically 1 to 2 hours, but timeframes may vary from person to person. While your mouth is numb it is very easy to accidentally bite your lip, tongue or cheek. Be careful and try not to eat anything until the numbness has subsided.

Will my gums bleed after Scaling and Root Planing?

Depending on the difficulty of your periodontal condition, some bleeding may occur for up to 24 hours after SRP. You also may not experience any bleeding. If bleeding occurs and continues for longer than 48 hours after SRP, please call the office so we can access your needs.

How much pain should I expect to be in? Can I go back to work?

What you experience may be described more as discomfort than pain. In the case, you may take Tylenol or ibuprofen (Advil, Motrin) as directed. Your gums may also feel slightly tender, if you experience this, a warm saltwater rinse (1/2 tsp. salt in 8 oz. warm water) will feel soothing to your irritated and possibly inflamed gum tissue. Going back to work should not be a problem however if you are concerned about the pain when the anesthetic wears off, take one of the pain relievers mentioned above.

If you have persistent discomfort or swelling that occurs after SPR treatment, contact the office for further instructions.

Can I brush and floss my teeth tonight?

We encourage you to brush and floss following the instructions that we have given to you, in order to keep the teeth as plaque free as possible. Keeping the teeth plaque free can help improve the outcome of your treatment. Saliva that is pink 1-2 days after SRP can be expected and is considered normal.

Do I have to change my diet today and eat soft foods?

After the anesthetic has worn off you can eat any foods that you would normally eat. If you smoke, please try to limit smoking in the first few days. Smoking slows down the healing process and is irritating to the gum tissue will result in a slower recovery.

What is the next step after the procedure?

We will check your progress at your follow up re-evaluation appointment in 3 to 4 weeks. This appointment is VERY important. Periodontal disease, with your persistent oral care and the help of our clinical team, can be treated and remain in remission.

Please don't hesitate to call us if you have any further questions or concerns!

Thank you for entrusting us with your care.

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