

-Scaling and root planing, also known as “deep cleaning” or gum therapy, is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and hardened tartar from around teeth and under the gum line. The goal is to produce a clean smooth surface which will promote healing and help eliminate the inflammation and infection of gum disease.

-To minimize discomfort and encourage healing, please do the following:

**1. Avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely. Avoid any hard or sharp foods such as tortilla chips, potato chips, popcorn, or seeds** for the next several days.

**2. Rinse your mouth** twice a day with warm salt water rinses. Use ½ teaspoon of salt for every 8 ounces of water. You may have been given a prescription chlorhexidine mouthrinse (i.e. Paroex, Peridex, Periogard) to be used as well.

**3. Immediately resume your home care regimen** with daily flossing and brushing morning and night, but be gentle for the first few days.

**4. Smoking should be stopped following scaling and root planing for 48 hours**, but ideally completely discontinued. Tobacco and nicotine have been proven to delay the healing of the tissues.

**5. Sensitivity is normal.** You may **take non-aspirin pain reliever** for any tenderness or discomfort as directed on the box. This is typically not needed for more than the first 24 hours. If you have persistent discomfort or swelling that occurs after scaling and root planing, contact the office for instructions.

If you have any questions or concerns, please don't hesitate to call our office: (918)266-6470