



GUM TREATMENT (SCALING AND ROOT PLANING) PATIENT INFORMATION

You made a great decision to get gum treatment to address your periodontal (gum) disease. Please read and follow these instructions. They will make you more comfortable and will help to prevent any possible complications.

- 1. CARE OF YOUR MOUTH** – Start brushing, flossing and continuing your prescribed plaque-control regimen immediately. You may have to GO EASY at first, but make every effort to keep your mouth plaque-free. We recommend rinsing your mouth several times on the day of treatment with warm salt water (use ¼ tsp. salt to 8 oz. of water).
- 2. DISCOMFORT** – Some discomfort is expected when the anesthesia wears off. Usually ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste (or fluoride that we may prescribed) will usually reduce or eliminate sensitivity in a day or two.
- 3. EATING** – Your next meal should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips and hard bread for the next three to four days. Also, it is best to avoid hot, spicy foods, citrus products, and alcohol for at least 24 hours.
- 4. BLEEDING** – Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office at (520) 825-8112.
- 5. SWELLING** – Very seldom does swelling occur. If swelling does occur, it usually disappears after several days. An ice pack may be used to minimize swelling. Ice should be placed in a plastic bag and then wrapped in a thin cloth towel and applied directly over the affected area. You should maintain the towel-wrapped ice pack in contact with the skin as much as possible for the first 24 hours after the first sign of swelling. Any unusual or large swelling should be reported to your dentist as soon as possible.
- 6. SMOKING** – Please refrain from smoking for AT LEAST 24 hours after scaling and root planing procedures. Tobacco use interferes with healing.
- 7. EXERCISE** – Avoid any aerobic activity for the rest of the day (e.g. jogging, tennis, racquetball, or anything strenuous). Take it easy.