

SCALING & ROOT PLANING POST-OPERATIVE INSTRUCTIONS:

Scaling & Root Planing (SRP) was completed to access, debride and clean the root surfaces of your teeth in a way not possible with a routine cleaning/prophylaxis.

It is normal to have soreness and increased bleeding for a few days after the procedure and it will resolve itself. It is also possible to have some increased sensitivity - to hot/cold, or sweets. This can last for a week or so. Sensodyne toothpastes can help to speed the resolution of this more quickly.

After your scaling & root planning procedure, the gums will begin to tighten, which will in turn reduce the pocket depths – the spacing between the teeth and the gums. As your periodontal conditions heals, this may expose more of your roots than you are accustomed to seeing. This is also entirely normal.

After your procedure, brush your teeth more gently for the first 1-3 days. After this period, you may resume your normal brushing. Additionally, rinsing with warm salt water 2 to 4 times per day will help speed healing.

Resolving gum issues is also done in a partnership with the patients home care habits. Flossing is essential. The use of interdental picks can really be helpful for those with periodontal disease issues.

After scaling & root planing, you will need to be seen more frequently (3-4 times per year) during the first 12-18 months and sometimes permanently depending on periodontal conditions. If warranted, and if things improve, we may lengthen your recall interval or customize a cleaning schedule with the hygienist appropriate for your individual needs.

If you have any questions, please do not hesitate to speak with your hygienist or doctor about the hygiene plan that has been given to you to ensure your optimal periodontal health.