



COMPLETE DENTAL CARE

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Patient Instructions Following Scaling and Root Planing

Root planning and soft tissue curettage is a non-surgical procedure in which some bleeding and/or discomfort may persist after anesthesia has worn off. Your gum health can be maintained with proper homecare and regular professional care. Please read the following to assist you in a speedy recovery and successful outcome.

Discomfort: Discomfort or pain should not be acute and should subside in a few hours, or a few days. If unbearable, over the counter pain medicine, such as Advil or Aleve, can be taken, if necessary. If pain persists longer than 1 week, please call Dr. Ingram at (408) 996-9393.

Tooth Sensitivity: Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable the first several days and usually diminishes quickly. Application of desensitizing fluoride may be recommended.

Bleeding: Some temporary bleeding within the first few hours is not unusual. To control bleeding, apply pressure by biting on a sterile gauze. If bleeding persists, apply a damp tea bag directly to the area for 30 minutes. If this does not control the bleeding, contact Dr. Ingram at (408) 996-9393 and follow the instructions for emergencies.

Appearance: As the gums heal, they may change their shape around the teeth.

Eating: It is advisable to eat soft food diet immediately after this procedure and maintain a soft food diet for several days while healing; then slowly return to your normal diet once chewing becomes more comfortable.

- Avoid eating foods like: highly seasoned or spicy foods, fibrous foods, foods with small seeds, and hard foods such as nuts, popcorn, and French bread
- Suggested soft foods include: scrambled eggs, smoothies, tofu, pasta, rice, yogurt, cooked vegetables, and soft fruits.

NO Caffeine or Smoking for the first 48 hours: Caffeine and/or smoking can both slow the healing process down and can dissolve blood clots.

Rinsing: Rinse with warm salt water (1 teaspoon dissolved in an 8 oz. glass of water) after the first 24 hours. Best results are achieved with rinsing 6 to 8 times per day, for 5 to 7 days.

Oral Hygiene: If gum tissues are tender, brush your teeth gently, but thoroughly; this may take a little more time than normal. By the third or fourth day, normal oral hygiene techniques may be resumed.