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## **Scaling & Root Planing Post Treatment Instructions**

Following scaling and root planing you may experience some temporary discomfort. This instruction sheet will help to answer questions concerning discomfort, sensitivity and oral hygiene.

If your mouth was anesthetized, it is best to wait until the anesthetic has worn off before eating. This will help prevent accidentally biting numb portions of your mouth such as your tongue, lip or cheek.

### **Discomfort**

You may experience some soreness after scaling and root planing. It usually subsides within 24 hours.

Most patients will find that their discomfort can be controlled with Motrin or Advil, or if you prefer, Tylenol or aspirin. In addition, rinsing with warm salt water (1/2 teaspoon salt mixed into 8 oz. warm water) up to six times a day can be soothing to the tissue.

### **Sensitivity**

Normal healing results in some tissue tightening and shrinkage and as a result, you may experience some sensitivity to hot, cold or sweets. This is a common side effect of this procedure and usually diminishes with time. If you experience sensitivity, the following may help:

1. Continue to brush and floss to remove plaque bacteria that produce acids that contribute to tooth sensitivity.
2. Brushing with a desensitizing paste such as Sensodyne or Crest Sensitivity Protection, will help reduce the tooth sensitivity.
3. Special fluoride rinses or pastes may be purchased through our office.

### **Oral Hygiene**

If the tissues are tender, it is important that you clean your teeth and gums gently but *thoroughly*. This will probably require you to spend more time than usual. Running your toothbrush under hot water will soften the bristles and may help you cleanse the gumline more comfortably and effectively.

You may encounter some bleeding when brushing/flossing. It is important to continue gentle brushing and flossing even if bleeding occurs. As healing progresses, the bleeding will gradually reduce or disappear. If you have been given any additional cleaning devices, begin using them twice a day as was demonstrated in our office. These devices stimulate circulation in the tissue and encourage healing. If you have discomfort that is not alleviated by any of the above measures, if you have any areas of swelling or have any other concerns, please call our office right away.