

What to Expect after Periodontal Scaling and Root Planing

You have just had your teeth scaled and root planed. This procedure involved **scaling** to remove any plaque and calculus deposits beneath the gum line and the roots of the teeth were also **planed** to smooth the root surface so that the gum tissue may heal next to the teeth. This is a very important stage in periodontal treatment, as it greatly reduces the amount of bacteria responsible for the destruction of the tooth supporting structures. These are some of the things you may expect in the coming days, all of which are normal responses:

- Your gums may be tender and bleed slightly for several days as they heal. If you find that they are too sensitive to brush for the first day, use a moist terry cloth to clean the teeth along the gumline. You may start the oral hygiene instructions that have been prescribed for you as soon as possible.
- Antibiotics or medicated mouth rinse may be recommended by your healthcare professional to help control the growth of sub-gingival bacteria. Be sure to have any prescriptions that may have been given filled right away.
- For the next few days, your teeth and gums may be sensitive. Try to keep a soft food diet and chew on the opposite side of your mouth. Sensitivity to hot or cold foods can also be expected as well as reaction to beverages and sweets. This is normal and should last for only a couple of days.
- You will begin to see your gums return to a healthier pink color. They may also shrink back slightly from your teeth. This is normal and is a result of reduced inflammation and swelling. The teeth may feel loose and sore; however, they will return to their normal state after a few days.
- Good oral hygiene is essential to help keep periodontal diseases from becoming more serious or recurring. Dr. Damore will want to see you at regular intervals following a period of active therapy to assure that you are maintaining an excellent level of oral hygiene, to remove any plaque or calculus that may have accumulated and to check that your periodontal disease remains under control.

If you have any questions, please do not hesitate to call our office at 856-228-6688.