



FRANKLIN

DENTAL ————— ARTS

Post-op Instructions Scaling and Root Planing (Deep Cleaning)

- Scaling and root planning, also known as a deep cleaning, is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease.
- After your deep cleaning, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely.
- Avoid any hard foods such as tortilla chips, potato chips, popcorn, nuts or seeds for the next several days.
- If your gums are tender, rinse with warm salt water, dissolving ½ teaspoon of salt in an 8 oz. glass of warm water 2-3 times a day.
- Continue use to Chlorhexidine as provided by the office at the time of your appointment.
- Resume your home care regimen immediately, but be gentle with the area recently treated.
- Refrain from smoking for 24 to 48 hours after the procedure. Tobacco will delay healing of the tissues.
- Pain relief with Tylenol or Ibuprofen (Advil) will aid to increase your comfort unless you are allergic or have medical conditions that prevent taking these medications.
- If you have persistent discomfort or swelling that occurs after scaling and root planning, please contact the office.