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CARE FOLLOWING SCALING / ROOT PLANING

Following scaling and root planing, you can expect to notice less redness, less bleeding and less swelling of your gum tissue. Your mouth will feel better and food will taste better. Your gum health can then be maintained with proper home care and regular professional care.

Your gums may feel a little sore after the anesthesia wears off. This is only temporary and will disappear within a day or two. As your gums heal they will shrink, possibly exposing root surfaces to the oral environment, and you may experience some sensitivity to cold water or air. This is normal, and with continued home care, sensitivity should disappear. You also may notice a reduction in tenderness, redness, swelling, and bleeding. These are all signs of healthier gum tissues.

You have been prescribed Peridex and/or Periomed oral rinses to be used as an aid to maintaining proper oral hygiene at home. It is important to follow the instructions on the bottle for their use, and incorporate them into your daily regimen of home care.

A good electric toothbrush can be much better than a manual toothbrush at removing plaque and keeping your mouth clean. If you must use a manual brush, be sure you are using a soft-bristled brush. Never use a hard-bristled brush! Keep in mind that with either brush, you do not have to brush hard. Just use a gentle circular motion keeping the brush at a 45-degree angle to the tooth, with the tips of the bristles directed at the gumline.

Don't forget to floss! Use floss to remove plaque between the teeth by rubbing it against the side of the tooth in an up and down motion. If bleeding occurs, keep flossing and the bleeding should disappear. Bleeding is a sign of irritated gum tissues, usually from plaque build-up. Remember - healthy gums don't bleed!

Use of a tongue scraper to remove plaque is also recommended for everyone. If you are a smoker and your tongue has a dark, hairy or fuzzy appearance, the use of a tongue scraper will return your tongue to a normal appearance. Your overall oral health will improve and food will taste better! The Tango tongue scraper is available for purchase at the office if you do not already own one.

Lastly, please be diligent about returning for your recall hygiene appointments. Continuing care is critical to avoiding relapse and the need for scaling / root planing to be repeated.