

Scaling and Root Planing Post Treatment Instructions

Scaling and root planing is a non- surgical treatment to stop the progression of periodontal disease (gum disease). The purpose of the treatment is to remove bacteria and tartar from around teeth and under the gums on the root surface of the teeth. The goal is to produce a clean, smooth surface, which will promote healing of the gum disease. Successful treatment will stop the progression of bone loss and receding gums, however your home care is extremely important. Brushing, flossing and even a waterpick if directed, in the morning and especially before you go to bed at night is crucial to a positive outcome.

What you can expect:

- After scaling and root planing, avoid eating anything until the numbness has worn off completely. Avoid any hard foods, popcorn or seeds / nuts for the next several days.
- Rinse your mouth 2-3 times a day with warm salt water rinses. Use 1/4 teaspoon of salt with a glass of warm water. It is not uncommon for chapped lips and cancer sores to appear. Follow your home care instructions and be gentle with the area treated for a few days.

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- We recommend not smoking for 24 to 48 hours after your treatment. Smoking will delay healing process. If prescribed pain medication, please follow those directions or you can take a non-aspirin pain reliever such as Ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevents you from taking these medications.
- Place an ice pack on your cheek for 20 min ON and 20 min OFF, for the first 24 hours. Sleep slightly elevated with an extra pillow under your head to help reduce any swelling.
- If antibiotics have been prescribed, remember to take them as directed.
- You may experience tooth sensitivity as the gums heal. Because the gums were initially swollen, as they progress through the healing process they may expose the root surface. This can be treated with topic medications at night to reduce the sensitivity. If you were prescribed a fluoride paste, remember to use as directed.
- If you have persistent discomfort or swelling, or questions regarding your care, please feel free to contact our office as soon as possible.

If You Have Any Concerns or Questions,
Please Do Not Hesitate To Call our Office at 208.323.8545

