



Deep Scaling / Root Planing Post-Operative Instructions

Please read and follow these instructions. They will assist in making you more comfortable and will help to prevent any possible complications.

If local anaesthetic has been administered to perform the deep scaling, please be careful while eating or drinking until normal sensation returns. This is to avoid burning and / or biting the lip or cheek.

Most patients experience little or no discomfort after deep scaling. Sometimes there is slight tenderness of the gums, teeth that are mildly sensitive to cold drinks and foods and discomfort while eating spicy foods. This will normally ease after a few days.

Oral Hygiene

It is important that thorough plaque removal be started on the day of your treatment. Perform all home care procedures as prescribed by your dentist or hygienist. You may need to be GENTLE at first, but make every effort to clean thoroughly. This will result in better healing.

Discomfort

Some discomfort is normal after treatment. This should not be severe. Anti inflammatory Ibuprofen such as Nurofen or analgesics such as Panadol are generally sufficient. Transient hot and cold sensitivity may occur following treatment. The most effective way to manage this is by using a fluoride containing toothpaste for sensitive teeth (Colgate Sensitive Pro Relief for example). If the sensitivity is persistent, we may alternatively prescribe or apply other medicaments.

Bleeding

You may notice slight bleeding after the procedure and when you clean your teeth for a day or so. This is normal. Continue to perform the prescribed oral hygiene regime. It is super important for healing! Please contact us if the bleeding persists beyond this time frame or if you are at all concerned.

Diet

Your next meal should be soft and avoid extreme temperatures. For the next several days, avoid foods that are hot and spicy as well as sticky, hard or crunchy foods and anything with nuts, seeds or popcorn that can get stuck under your gums. Focus on a diet of highly nutritious foods as much as possible to aid in healing.

Recommended Home Care Rinses

Warm salt water rinses (1 tsp salt in 1/2 cup of warm water) every 2 to 3 hours can help soothe the gums and aid healing. If you have been asked to use a specific mouth wash, begin using this as well.

Smoking

The chemicals in cigarette smoke will significantly delay your healing and prevent optimal results. Please consider quitting.



Follow up Treatment

Patients that have been treated for Periodontal Disease need to maintain a strict Preventive Maintenance Program, typically 3 or 4 monthly. Periodontal Disease is a chronic disease and without proper maintenance the bacterial infection and inflammation can reoccur. Regular in office visits, in conjunction with optimal home care are vital to ensure continued periodontal health. Please maintain your investment in your health.

If you have any concerns, please contact us on 6686 4305