

Steven J. Oshins, D.D.S., P.C.
3905 Carman Road
(518)356-5635

Instructions Following Scaling and Root Planing

Please read and follow these instructions. They will make you more comfortable and will help prevent any possible complications.

Oral Hygiene

Your own hygiene will determine the type of healing response that occurs in your mouth. On the day of root planing gently brush at the gumline. Start flossing the day after the procedure is done. Tenderness when brushing and flossing may last for several days. Thorough plaque removal must be accomplished and will help reduce tenderness and sensitivity, as well as maximize healing. Start using Periogard rinse immediately after the procedure.

Diet

Maintaining an adequate diet essential to ensure proper healing. A few examples of nourishing yet softer foods are: eggs, soups, cheese, pasta, etc. Avoid crunchy foods such as popcorn, nuts, and chips, as well as foods with small seeds. These foods can get lodged between the gum and the tooth, delaying healing.

Smoking

Smoking and the heat it produces can irritate the gum tissue, and interferes with the healing response. It is advisable to not smoke for a few days following scaling and root planning in order to insure proper healing.

The majority of patients experience an uneventful postoperative healing period, yet please be aware of the following potential side effects:

Bleeding

Slight bleeding and tissue irritation following root planning for the first or second day is not unusual. If bleeding persists beyond a few hours, please contact our office.

Gum Sensitivity

Discomfort following root planning varies from patient to patient. Discomfort or pain should not be acute and should subside in a few hours to a few days. Usually ibuprofen or acetaminophen (Advil, Motrin, Tylenol) taken as directed will relieve any discomfort. Warm salt water rinses (1 tsp. salt/8oz. water) every 3 to 4 hours the first few days will aid in healing irritated areas. If pain is persistent or excessive, please contact our office immediately.

Tooth Sensitivity

Varying degrees of root sensitivity following root planning may occur. This can result from exposure to cold and/or hot air and liquids, sweet, salty, spicy, and/or acidic foods as well as mechanically from brushing and flossing. Removing all plaque from the tooth surfaces will help reduce sensitivity. Please let us know if sensitivity is a problem and we will dispense special desensitizing products that will insulate the tooth surface and gradually eliminate the problem.

Special Instructions To Patient...

If you have any concerns or questions, please call the office at any time

