

WY Implants and Surgical Arts

307-362-4867

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PATIENT INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING:

What to expect following surgery:

- **Numbness:** Use of local anesthetic may result in numbness of the mouth for up to several hours. Do not eat while your mouth is numb. Be careful not to bite the tongue or the lip or soreness will result.
- **Discomfort:** Discomfort will vary in intensity according to the extent of the Root Planing and Scaling procedure. However, it should be minimal and not interfere with eating or pursuing your normal daily activities. Some general soreness may be noticeable for 24 to 48 hours. Some cold, hot or even some sweet sensitivity will be experienced. This usually diminishes over the next few weeks.
- **Swelling and Healing:** Some swelling is normal. To minimize swelling, apply cold compresses (ice cubes wrapped in cloth) for 20 minutes on, 20 minutes off the area for 4 to 6 hours. **DO NOT APPLY COLD AFTER 48 HOURS!**
- **Keeping the areas clean promotes healing:** Brush gently today, even if your gums are tender, to help remove the plaque that has already started to reform on your teeth. If you are having sensitivity, use a desensitizing toothpaste such as Sensodyne or prescription toothpaste in place of your normal toothpaste until it improves.
- **Rinses:** Salt-water rinses are an excellent way to clear the mouth, soothe the tissue and improve circulation. Rinse gently and as often as you like with a salt solution made with ½ teaspoon of table salt in 8 oz. of warm water.
- **Pain:** Usually over the counter medication will handle the discomfort. Take Tylenol, Advil (Ibuprofen) or Aspirin as directed on container. Should you have more significant pain, use the prescription medication according to directions.
- **Eating, Drinking, and Smoking:** Avoid spicy foods, crispy/crunchy foods such as popcorn, nuts, dried beans, Alcohol, and tobacco today, for optimal healing.

If you have any questions or concerns, please call:

Rock Springs Periodontics: 307-362-4867