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Periodontal Scaling/Root Planing and Debridement Post Op Instructions

Care of your mouth after a deep cleaning has an important effect on healing. Symptoms that follow treatment need not cause alarm or may be minimized if the following post-operative instructions are followed carefully.

- Periodontal scaling & root planing and debridement is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean teeth and roots which will promote healing of the inflammation and infection that causes gum disease.
- After treatment, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely. Avoid any hard, crunchy foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.
- To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses if this is recommended to you. Use one teaspoon of salt for every 8 ounces of water. If you are prescribed Peridex/Chlorhexidine, use as directed.
- Resume your home care regimen of brushing twice a day with a soft bristle toothbrush and daily flossing, but be gentle with the area recently treated. Your gum health must be maintained with proper home care, as instructed, and regular dental visits.
- Refrain from smoking for 24 to 48 hours after scaling and periodontal debridement. Tobacco will delay healing of the tissues.
- You may experience some minor bleeding after a periodontal debridement procedure (this is not unusual and should stop). Minor bleeding is natural at this stage of healing during the first 24 hours. Do not spit, or suck through a straw. When bleeding persists at home, place a moistened gauze pad or moistened teabag over the area and bite firmly for 30 minutes. Avoid rubbing the area with your tongue.
- You may take a non-aspirin pain reliever for any tenderness or discomfort. Take Ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent you from taking these medications.
- You may experience some cold sensitivity; this is normal. Any sensitivity should gradually go away in a few weeks. If needed, you can use desensitizing toothpastes, such as Crest Sensitivity, Colgate Sensitive Pro-Relief or Sensodyne. Avoid toothpastes with "whitening" and baking soda, as this may increase sensitivity.
- If you have persistent discomfort, bleeding, or swelling that occurs after your appointment, contact us.