

Root Planing and Scaling (Deep Cleaning)

You have had a procedure to help decrease the effects and progression of Periodontal Disease. Periodontal Disease is an on-going, progressive disease in which bacteria, tartar and your own immune system destroy the bone and gum attachment around your teeth. This treatment has removed bacteria and tartar from the pockets below your gum line to help limit further bone loss. Healing is usually quick and uneventful depending on severity of disease. The following instructions can help recovery.

- **Numbness:** You will be numb 1-3 hours after the procedure; please avoid eating while numb to prevent biting your lip, cheek and tongue.
- **Discomfort:** Mild discomfort can occur due to inflammation and instrumentation. Over-the-counter pain relievers (Ibuprofen, Aleve, or Tylenol) will minimize discomfort and swelling. If needed, please take as instructed on the bottle.
- **Home Care:** Gentle brushing at the gum line inside and out for 2 minutes after meals and at bedtime is recommended. Flossing is of the utmost importance after a deep cleaning has taken place. It is possible to have a recurrent infection and allow further progression of gum disease if the pockets are not kept clean.
 - If you have had time-release antibiotic (Arestin) placed below the gum line, you will be instructed not to floss in those areas for 10 days.
 - Prescription mouth rinse may be advised to aid in healing although some transient staining can occur.
- **Temperature sensitivity:** Temperature sensitivity and slight tooth mobility are common while you are healing. As the gums heal you may see more root structure exposed as well as spacing between the teeth at the gum line. This is normal; the tartar and plaque have been removed from these areas and the gums are getting healthy. Most tooth sensitivity is mild and short lived; if persistent an anti-sensitivity toothpaste (Sensodyne) may be used. If symptoms do not improve, please call our office.
- **Re-evaluation:** It is important to evaluate your probing after healing to see if additional therapy or referral is necessary. An appointment will be made for you, typically in 3-4 weeks.
- **Monitoring:** Periodontal Disease is never cured. The **Gold Standard of Prevention** is the **3 month** periodontal cleaning with probing. It is easy to forget that your bone can continue to deteriorate because bacteria become more virulent over time. With mutual commitment to your oral hygiene, we can help you keep your teeth by minimizing the effects of gum disease.