

Donna L Massoth DDS, MSD, PhD, PLLC

4500 Sandpoint Way N.E., Suite 218

Seattle, WA 98105 206-524-3773

WHAT TO EXPECT FOLLOWING SCALING AND ROOT PLANING

Most Patients experience very few post operative problems. Common side effects and management are;

- There may be some mild discomfort and/or mild swelling for 3-4 days
- You may experience some tooth sensitivity especially to cold
- Ibuprofen (up to 200-400mg every 6hrs) or Tylenol may be taken for discomfort
- Warm salt water rinses will alleviate swelling and discomfort, (2tsp salt to 8oz. warm water) and can be used for one week following scaling and root planning
- A fluoride varnish may be applied to your teeth following treatment to help prevent cold sensitivity from occurring. Refrain from brushing the area(s) were the fluoride was applied for 4 hours to allow for optimal results

If you notice any of the following symptoms please contact our office immediately;

- Persistent and/or excessive swelling or bleeding
- Jaw stiffness
- Pus or drainage in the treated area

For best results following your scaling and root planning, and to promote healing we suggest;

- **Oral hygiene:** Your own oral hygiene will determine the type of healing response that occurs in your mouth. On the day of your cleaning, gently brush around the gum line. Start using the recommended home aids the day after the procedure is done. Tenderness when cleaning may last for several days. Thorough plaque removal **MUST** be accomplished to reduce sensitivity.
- **Diet:** Maintaining an adequate diet is essential to ensure proper healing. Avoid crunchy foods such as popcorn, nuts, chips, and small seeds for 1-2 days. These foods may lodge into the tissues and furcation areas slowing the healing process and possibly causing infection.
- **Smoking:** Smoking and the heat it produces can irritate the oral tissues, retarding the healing process. It is advisable not to smoke for a few days following your therapy to ensure proper healing. (And even more advisable to QUIT!)

*****A note about your reserved appointment times: The following appointment times have been reserved exclusively for you. Please remember to avoid a late charge we do require 3 business days advanced notice for any changes to your appointment time or day.**