

## Scaling and Root Planning (Deep Cleaning)

### *After Treatment*

Immediately upon dismissal from our office, you may notice slight oozing from the gums. This will decrease rapidly. It is normal for your gums to feel tender. We strongly recommend rinsing twice daily for two days with warm (not hot) salt water to speed-up healing and reduce tenderness. Dissolve ¼ teaspoon salt in a glass of 8oz (1 cup) warm water. Take 2-3 200mg tablets of Ibuprophen (motrin) every 4 hours as needed for discomfort and anti-inflammatory effect.

Over the next few days and weeks, as your teeth and gums become healthier, the gum tissue will actually shrink. More tooth may be exposed. Increased tooth sensitivity can occur with these teeth. The best way to decrease this sensitivity is to keep the area as clean as possible (brushing, flossing, and rinsing; as directed).

It is normal for your teeth to be sensitive to cold and hot foods or liquids after deep cleaning. Should this become problematic, try using a tooth paste for sensitive teeth. If your sensitivity continues, please call our office.

For 2 days after your deep cleaning avoid any small hard foods that might get caught under the gum tissue. Examples include popcorn, nuts, and seeds (poppy seeds, strawberry jam, etc.). It is unlikely, yet it is possible to develop a gum abscess if these foods are caught under the tissue (when the gums heal they tighten, which traps these foods).

It is very important to continue thorough homecare: brushing & flossing to remove plaque. Leaving plaque on the teeth will slow healing and greatly minimize the benefits of treatment.

**Smoking:** Smoking has a direct effect on the gum tissue. People who smoke have a higher incidence and greater severity of periodontal disease. Reducing or stopping smoking will improve your gingival health, healing ability and your health in general. Tobacco smoke is an irritant to the healing process and will delay healing.