

## **GENERAL INFORMATION AND POST SCALING AND ROOT PLANING INSTRUCTIONS**

Please read and follow these procedures. They will make you more comfortable and prevent any possible complications.

**CARE OF YOUR MOUTH** – Rinse your mouth 2-3 times per day with warm salt water. Mix one teaspoon salt with 8 oz. of warm water. Start home care as instructed immediately. In the beginning you may have to be gentle.

**DISCOMFORT** – your gums may become “achy,” a couple of aspirin, Tylenol, or Ibuprofen will eliminate any discomfort.

**EATING** – your next meal should be soft. Avoid any hard “chippy” foods like Fritos, potato chips, popcorn, etc. for the next 3-4 days.

**SMOKING** – Please do not smoke following scaling and root planning procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 24 hours as much as possible.

**SENSITIVITY** – once the swelling of inflamed tissues goes down, and the gums tighten up, new root surface areas may become exposed and may become sensitive to heat and cold. This sensitivity gradually diminishes. Use Sensodyne toothpaste to decrease general sensitivity, be patient as this takes weeks or months in severe cases. Removing all plaque from a “touchy” tooth and placing a dab of fluoride toothpaste on it will greatly reduce cold or touch sensitivity within a few days.

**APPEARANCE** - Your gums will “tighten up,” redness will turn to pink, bleeding will stop almost entirely if not completely. Your teeth may appear “longer,” you may notice spaces between your teeth you did not notice before. These spaces, however, permit easier home care.

**PARTIAL DENTURES** - Existing partial dentures may need to be adjusted, relined, or remade.

Home care, as we teach you, is a very important part of oral health. After gum treatment, it is no less important. Success of periodontal treatment depends on good home care and regular check-ups and prophylaxis (cleaning). After completion of gum treatment you should initially return at 3 month intervals for periodontal maintenance, checkup, and prophylaxis. Such a program will markedly improve the success of periodontal treatment. If you have further questions, please do not hesitate to call us.

## **HOME CARE INSTRUCTIONS**

### **FOR ADULT PERIODONTAL PATIENTS**

1. Use a soft nylon bristle toothbrush & brush using small circular motions, brushing at least 3 times daily. Brush the top of the tongue at least once daily.
2. While the toothpaste is still in the mouth, use an interdental brush between the teeth after each brushing.
3. Use floss once a day as instructed. Use floss threaders, floss holders, and superfloss if instructed to do so.
4. Sensitivity may be present, if so, avoid tartar control & whitening toothpastes as they may increase the sensitivity; Sensodyne will decrease it. If sensitivity is not present, use any fluoride ADA accepted or approved toothpaste.
5. Rinses, such as Listerine with fluoride or prescription mouth rinses have value in certain periodontal conditions.
6. If you have been instructed to use a warm irrigating device, fill the tank with water as warm as you can tolerate, and irrigate each space between the teeth for 5 seconds. Be careful to direct the pulsating water jet THROUGH the spaces between the teeth (from outside to inside only). DO NOT direct the stream into the pocket as this drives bacteria deeper into your tissues.
7. Mechanical toothbrushes can be used, there are several on the market. No mechanical brush will eliminate the need of interproximal brushes and or floss.

Please feel free to ask any questions regarding home care.

COVE FAMILY DENTAL  
2402 WALKER PLACE  
COPPERAS COVE, TX 76522  
(254) 547-6453

## WHAT YOU CAN EXPECT

Typically, if patients experience post-surgery discomfort, it's often within the first 48 hours. Make sure to take your prescribed pain medication before the numbness wears off – this will minimize your discomfort as the feeling returns to the surgical site.

Some people notice swelling, and in rare cases, bruising around the surgery area. This can be minimized by applying a cold compress (or frozen peas work well) to the affected area for 20 minutes. Reapply the cold compress after a 20 minute break – and make sure to start this therapy as soon after surgery as possible, because the longer you wait to begin after surgery, the less effective it will be.

Finally, you may notice a bad taste in your mouth during the healing process. There's no need to worry, this is normal, and will subside after a few days.

## THINGS TO DO

- Bite firmly on the gauze pack given to you for 20 minutes, and then replace it with a new one. This is important for the first hour after your surgery or until just a small red spot of blood is visible on the packing.
- If bleeding is excessive, place a wet tea bag over surgical site with firm pressure for 20 minutes.
- Eat soft foods only.
- Rest and try to minimize any heavy physical activity for at least a day after your surgery.
- Sleep with your head slightly elevated and put a towel over your pillow to protect it from any slight bleeding.
- You may rinse with warm salt water (1 teaspoon salt in 8 ounces of water). Be sure not to rinse vigorously – just let the salt water roll around in your mouth and fall out.
- Return one week after the surgery to have your sutures (stitches) removed. If they become bothersome, you may come in and we'll remove them.

## THINGS TO AVOID

- Smoking or any other activity that creates a sucking-type pressure inside your mouth.
- Drinking alcohol within the first 24 hours.
- Eating hard or sharp foods that might get caught in the extraction site.

*If you have any questions or concerns, please feel free to call us.*