



Robert Biskup Dentiste West Island

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PATIENT INSTRUCTIONS AFTER SCALING AND ROOT PLANNING

Deep scaling, also known as scaling and root planning or periodontal debridement is a non-surgical periodontal treatment that involves removing plaque and tartar from below the gum line.

These are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from today's periodontal treatment.

- **TENDERNESS IS NORMAL.** To reduce tenderness and promote healing, every two to three hours, rinse with warm salty water: *½ teaspoon salt in a glass of water.*
- **AVOID BRUSHING OR FLOSSING THE TREATED AREA FOR 12 HOURS.** However, after 12 hours it is very important that you continue to brush well. Please be careful when brushing and use a toothbrush with soft bristles. You may moisten the brush with warm water if tissues are tender.
- **TAKE ANY PRESCRIBED MEDICATIONS AS DIRECTED,** such as antibiotics or pain medication. Tylenol or Ibuprofen may be used as recommended for discomfort.
- **Highly nutritious food is necessary for the healing process. AVOID FOODS THAT REQUIRE EXCESSIVE CHEWING, AND HOT, STICKY, SPICY, ACIDIC, CRUNCHY OR COARSE FOOD.**
- **TOOTH SENSITIVITY IS NORMAL AND TEMPORARY.** You may use desensitizing toothpaste such as Sensodyne, Colgate Pro-Relief or any major brand for sensitivity relief.
- **AVOID SMOKING OR USING TOBACCO PRODUCTS** as they can delay healing and increase the risk of complications.
- You may also **GENTLY MASSAGE** the areas treated with your washed fingers. This will increase circulation and promote healing.
- **ATTEND ANY SCHEDULED FOLLOW-UP APPOINTMENT** with your dentist or hygienist at our West Island Dental Office to monitor your progress and adjust your treatment plan as needed.

Lastly, please contact Robert Biskup West Island Dentist should you experience any unusual symptoms, such as prolonged or excessive bleeding or swelling, severe pain, or fever or any other problems during the healing process at (514) 697-0444.