

Periodontal Scaling and Root Planning

Post-Op Instructions

Scaling and Root Planning (SRP) can be a necessary procedure in order to resolve periodontal disease and inflammation. Most patients experience little or no postoperative discomfort. The most frequent complaints are slight tenderness of the gums and tooth sensitivity to cold drinks and foods. Here are some helpful reminders.

- ❖ Do not eat or drink anything HOT until the anesthesia wears off. it is easy to bite or burn your tongue and lip while numb.
- ❖ You may take a non-aspirin pain reliever for any tenderness or discomfort. Take ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
- ❖ To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water.
- ❖ Refrain from smoking for 24 to 48 hours after scaling and root planning. Tobacco will delay healing of the tissues.
- ❖ Avoid any hard “chippy” foods such as tortilla chips, potato chips, popcorn, or seedy food like berries for the next several days. Also, refrain spicy food that can irritate the gum.
- ❖ Resume your home care regimen of brushing twice a day with a soft bristled toothbrush and daily flossing immediately, but be gentle with the area recently treated. You may use a WaterPik if recommended.
- ❖ Tooth sensitivity is common after treatment, this occurs as the gum tissue heals and shrinks in size and should gradually resolve in a few weeks with proper home care. Consistently brushing two to three times daily with sensitivity toothpaste or using fluoride rinses may alleviate this over time. Avoid toothpastes with “whitening” or baking soda, as this will contribute to the problem.

