

POST-OPERATIVE INSTRUCTIONS

You've just had your periodontal scaling and root planing and sub-gingival irrigation completed on one/both sides of your mouth. Your teeth have been scaled down to the depths of their corresponding periodontal pockets and your roots have been planed (smoothed). The irrigation with chlorohexidine (Peridex) was applied as well to the depths of your pockets and should help keep the anaerobic bacteria population responsible for your gum condition under control.

It is advisable to make sure your local anesthesia has worn off before you begin eating. It is also highly recommended that you do not drink or eat for the next half hour after your irrigation so that the medicine placed will work to its fullest extent.

It is not uncommon for your teeth to be sensitive after this periodontal procedure. Your gums are beginning a healing process where they will go from their inflamed, glossy and puffy form to one that is healthy, stippled and firm. As a result of what you can call gum "shrinkage", the roots of your teeth will be re-exposed to the external environment and hence, they will become initially more cold sensitive.

It is very important for you to brush and floss on a regular basis to maintain your now clean teeth and roots. We highly recommend an ADA approved oral rinse (Listerine) as well since it will aid in keeping your oral environment's anaerobic bacteria population low.

Often, once the periodontal scaling and root planning is completed, and the periodontal pocket depths have shrunk, the patient can return to a 6-month prophylactic schedule or more commonly known as a normal "cleaning". Your periodontal condition determines whether you will require a scaling/root planning or a simple prophylactic cleaning. Your regular and thorough flossing and brushing will be most effective in keeping your teeth and gums healthy after your scaling and root planning.