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Scaling and Root Planing Post-Treatment

Now that the dental hygienist has completed your scaling and root planing procedures, your **home care is the most critical factor** in how well you heal. Would you believe that 70% of the long-term oral health success depends upon a daily plaque control routine at home? Our professional efforts alone will not ensure proper healing. To maximize results of therapy, recommendations, along with personalized advice, have been given for your specific gum condition. Your daily compliance will further improve gum conditions and thus, increase the chance of stabilizing the disease process in your mouth.

The following instructions will aid in your healing process, so please read carefully:

- ✓ Tender gums are not unusual after scaling and root planing, due to the amount of inflammation and bacterial infection caused by gum disease. Bleeding is normal after treatment. As healing progresses, bleeding should subside.
- ✓ Using a warm salt water rinse (1/2 tsp. salt in 8 oz. of water) can be soothing for tender gums.
- ✓ Soreness of the jaw or in areas of infection sites can occur. Ibuprofen or Acetaminophen (Tylenol, Advil) can be used as an anti-inflammatory and will contribute to your comfort as you heal.
- ✓ After scaling and root planing, you may experience some sensitivity to cold water. Some suggested products to use are fluoride rinses and sensitivity toothpaste (Fluoride rinse like Act, Fluoridex toothpaste, Sensodyne toothpaste or Crest Sensitivity).
- ✓ The use of a soft bristle toothbrush is recommended at least 4 times per day to help promote plaque removal (brush after every meal and before you go to bed).
- ✓ The only way to clean effectively between your teeth is by flossing. Flossing should be done at least 1 time per day.
- ✓ Oral irrigation with a Waterpik can be used in addition to flossing. Depending on the size or width of the spaces in between your teeth, your hygienist may also suggest use of Superfloss or a Proxabrush.
- ✓ If a medicated rinse has been dispensed (PerioRx), continue rinsing as prescribed (swish for 30 seconds, 2 times per day).
- ✓ Returning for a Periodontal Maintenance visit in 3 months is essential for evaluating your healing progress. If an appointment has not been made for you, please call our office so that we can reserve a time for you.

Please feel free to call us if you have any questions. We are here to advise and coach you for your self-directed health.