

# ROOT PLANING INSTRUCTIONS

The purpose of the subgingival scaling and root planing is to reduce the amount of gingival (gum) inflammation. Basically this is accomplished by removing the bacterial plaque, calculus (tartar) and diseased gum tissue from the pockets with special periodontal treatments.

Gingival tenderness and root sensitivity may be experienced following root planing. However, it is essential that normal oral hygiene techniques be followed in spite of this sensitivity. Avoiding daily oral hygiene techniques will result in poor healing and progressive periodontal breakdown.

The following instructions are intended to help you reduce any discomfort that results from the scaling & root planing and to encourage the best possible healing.

## ◆ SORENESS

You can expect to have some discomfort after this procedure. Tylenol, Advil and other non-aspirin

products work well to relieve this discomfort. If a local anesthetic was used, it is a good idea to take the anti-inflammatory medication before the anesthetic wears off so that it will already be working for you when the numbness wears off.

## ◆ RINSING

Rinsing frequently often feels good and helps to flush out any food debris. Luke warm salt water (one-half teaspoon of table salt in a glass of water) is a good solution for rinsing. Rinsing with a mouthwash, such as Listerine, will not only help flush out food debris, but may also help reduce plaque build up on your teeth.

## ◆ DIET

Follow your own inclinations as to the consistency of your diet. Soft foods can be chewed and easily swallowed. Nourishment should be taken regularly. Acidic and spicy foods may cause some discomfort and you may want to avoid these for a few days.

If local anesthetic was used, be careful not to chew on your lip, cheek or tongue while they are numb. It is

probably wise to postpone eating until the numbness has worn off.

## ◆ ORAL HYGIENE

Most important of all is for you to continue providing good oral hygiene on a daily basis in spite of any tenderness following the scaling & root planing. Good hygiene is essential if the scaling & root planing is to be of any value.

***Anthony Algermissen, DDS  
&  
Shelly Fritz, DDS***

***7520 Montgomery NE  
Suite E-12  
Albuquerque, NM 87109  
505-888-6980***