Scaling and Root Planing

Post-Op Instructions

* After procedure – take over-the-counter Aspirin, Tylenol or Ibuprofen as directed before the anesthetic wears off. Continue to take for the next couple days.
* Rinse with warm saltwater (1/2 teaspoon salt with 8 oz. warm water) for 2-3 minutes after each meal for the next couple days to help with the gum tissue healing.
* Use a soft toothbrush twice a day – be gentle but thorough. Slight bleeding may occur.
* Avoid strong spicy seasonings, and hard crunchy foods for the next couple days.
* Smoking should be stopped. Success of the treatment with be substantially reduced by the cigarette smoke chemicals in your body.
* As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne) for 1-2 weeks. The cleaner the teeth are kept, the less sensitive they will be.
* Faithfully use any other oral hygiene aids that have been recommended (floss, proxabrush, peridex, sonicare, etc)
* After large amounts of build-up are removed from your teeth, your inflammed gum tissues will eventually respond by shrinking back as they get healthier. You may notice spaces between your teeth when your tissues shrink. One important thing to remember about periodontal disease is that it involves diseased bone, not just gum tissues, and when your gum tissues shrink, the true level of your bone will be more evident as your gums heal around it. You may notice more food trapping between your teeth in the spaces, and your dentist or hygienist can recommend oral hygiene aids to help keep them clean.
* Often times more frequent dental cleanings are needed than every 6 months in order to maintain your tissues and prevent future bone loss until your tissues reach a stable point. We will continue to monitor your levels of bone loss throughout your recall visits and help you establish an appropriate interval for your maintenance visits based on the health of your tissues after treatment.

# If you have any further questions, call our office at (443)-244-9222. If you call after-hours, our voicemail will direct you to an emergency line to get in touch with Dr. Etzkorn directly.