



HOME CARE AFTER SCALING & ROOT PLANING

This seems to be a procedure that causes so much confusion for patients in trying to understand the difference between "just a cleaning" and Scaling and Root Planing and the need and reason for this procedure.

Scaling and Root Planing is done to remove tartar and hard crusty calculus that is loaded with bacteria, around and **BELOW** the gum line. A professional polishing removes *only* the *soft sticky* plaque that is **above** the gum line. It is method of treating gum disease, when pockets are formed around the teeth have a measurement of greater than 3mm.

1. **Scaling**

Scaling is procedure that meticulously removes contamination toxins, micro-organisms, plaque, tartar, cementum, dentin that is rough and/or permeated by calculus from around, below and under the gum line down to the bottom of the pocket. This is done to remove biofilm, calculus, and toxin down to the bottom of each periodontal pocket in order to obtain a healing response.

2. **Root Planing**

Root planing involves **smoothing the root surfaces** of your teeth with thin curettes so gum tissue can more firmly reattach to roots that are clean and smooth to prevent tooth loss and sensitivity problems. The procedure makes it more difficult for plaque to accumulate along the root surfaces.

Because this procedure goes deeper than a regular cleaning, your mouth may be numbed. The cleaning may take two visits to complete. Depending on the extent of the disease you may need one or more sections (quadrants) of the mouth to be treated with scaling and root planing. Treatment may require one or more visits.

This procedure is done to:

- ✚ With our ultrasonic instrument that both scales and medicates your gum tissue.
- ✚ To control the growth of **harmful bacteria**. (Bacteria ABOVE the gum line is less aggressive bacteria whereas the **bacteria BELOW the gum are MORE DESTRUCTIVE AND DANGEROUS!**)

- ✚ Helps **gums or pocket wall reattach** firmly to the spotlessly clean root surface to help prevent tooth loss.
- ✚ **Prevent further bleeding** of the gums.
- ✚ **Reduces gum swelling**
- ✚ **Reduces discomfort.**
- ✚ **Decrease tooth sensitivity** due to gum recession.
- ✚ **Prevent bone loss.**
- ✚ **Prevent tooth loss** due to gum disease.

Perio Maintenance Check

This appointment is necessary to check and make sure your gums have healed and to see how the periodontal pockets have decreased.

Home Care After Root Planing and Scaling

1. Rinse with warm salt water every few hours (1/2 tsp. salt in 8oz water) every hour for the remainder of the day to encourage healing and sooth discomfort.
2. Be careful not to bite or chew your lip, cheek or tongue while they are numb. Avoid chewing for 2 hours after this procedure or until numbness has worn off.
3. Keep your fingers and tongue away from the areas that have been treated.
4. Drink 8 glassed of water or fruit juice a day.
5. Take pain medication according to directions on label for a couple of days to help with the discomfort, do NOT take Aspirin.
6. Do not drink hot liquids or eat hot spicy food after this procedure.
7. Rinse your mouth with BreathRX or Periogard to reduce oral bacteria.
8. Eat a soft healthy diet like yogurt, soft cooked eggs, or soups.
9. Do not smoke or chew tobacco for 72 hours after the procedure to allow for healing.
10. Gently brush and floss your teeth after each meal.
11. Use your Chlorhexidine and fluoride as instructed to keep the area clean and free of the bacteria that causes plaque and calculus build-up during the healing period.
12. Since you have periodontal disease it is advised that you disinfect or change your toothbrush head between brushing to prevent self infection from periodontal germs that remain on your toothbrush for 4 hours or more after use.
13. **It is must be remembered that a side effect of aspirin is it can increase bleeding by inhibiting blood clotting** making it unsuitable following root planing and scaling.

14. If a lymph gland swells after having removing so much infection through Root Planing and Scaling, Penicillin will be provided for after procedure care as medical history allows.

Your care of your teeth and gums after treatment is critical to reduce the risk of recurring periodontal disease.

If you have any questions or concerns call Nadic Dental Centers@ 702-248-0068