

SCALING & ROOT PLANING

Dr. Coatoam has found it necessary to recommend scaling and root planing around some or all of your teeth. The objective of scaling and root planing is to remove bacterial deposits and infected root surfaces below the gum line in an attempt to treat periodontal disease without surgery or as preliminary treatment prior to surgery.

The most common complications are gingival recession and tooth sensitivity. Recession should be minimal. Without treatment, recession would occur through time as bone continues to be lost.

As the numbness wears off, you may notice tooth sensitivity to cold and/or sweets. This is temporary and should improve quickly. In some rare cases, sensitivity may last longer.

Discomfort should be minimal and is usually limited to the first day or two. You may take any over the counter medications such as Advil-Ibuprofen, Tylenol, or aspirin if needed.

Avoid rinsing for one hour. This will allow the initial bleeding to stop. You may have “pink saliva.” This is normal.

When rinsing is allowed, you may use a warm salt water. This is very soothing & may encourage healing.

Begin regular brushing this evening. The gums may feel tender similar to cleaning a skinned knee. You may run your brush under warm water before brushing. This may soften the nylon bristles. Do not avoid cleaning because of bleeding. This is only temporary & should decrease over the next few days.

If gums are tender during brushing and/or eating, you may apply any numbing agent such as Chloroseptic, sore throat spray, or Ora-Gel for temporary relief.

DO NOT SMOKE. Smoking has been shown to delay healing and should be eliminated if at all possible in the early healing phase.

**** We will be evaluating results of scaling and curettage in approximately four weeks.**

**** Be certain to return to this office as directed for this evaluation so a determination can be made if any further treatment may be necessary.**