

PERIODONTAL

Scaling & Root Planing (SRP)

BEFORE YOUR APPOINTMENT

- Eat beforehand if you'd like — you may be numb for a few hours afterward.
- Take any prescribed pre-medication (such as antibiotic premedication for heart conditions or joint replacements) exactly as directed.
- Let us know about blood thinners or any condition that causes easy bleeding.
- Plan a low-key rest of the day; strenuous activity is best avoided for the first 24 hours.

AFTER YOUR TREATMENT

While You're Numb

If local anesthetic was used, your lips, teeth, and tongue may stay numb for several hours. Do not chew anything until feeling fully returns, so you don't bite your cheek or tongue. Wait at least two hours before eating.

Eating

Choose a soft diet for the first 48 to 72 hours. Avoid spicy foods and anything extremely hot or cold for several days. Drink plenty of water.

Discomfort

Gum tenderness for several days is normal. Ibuprofen (Advil) taken before the anesthetic wears off works well — generally 400 to 800mg every six hours is sufficient. If you can't take NSAIDs, acetaminophen (Tylenol) is fine.

Sensitivity to Cold

This is the most common complaint after SRP and happens because tartar has been removed from the root surfaces. It usually fades over a few weeks. Use a desensitizing toothpaste such as Sensodyne and avoid tartar-control formulas.

Salt Water Rinses

Rinse two or three times daily with 1 teaspoon of salt in 8 oz of warm water. Rinse as often as you find it soothing.

Brushing & Flossing

Resume home care right away but be gentle. Use a soft-bristled brush around the treated areas — an electric brush is strongly recommended. Some light bleeding while brushing for a few days is normal and expected.

Smoking

Avoid tobacco for at least 24 to 48 hours, as it directly delays tissue healing. Periodontal disease is significantly harder to control in smokers.

The Long View

Periodontal disease is controllable rather than curable. The success of this treatment depends heavily on daily home care and keeping your periodontal maintenance appointments.

Call Us If

Discomfort or swelling persists or worsens after several days, bleeding becomes heavy, or sensitivity doesn't begin improving after a few weeks.

These are general guidelines. Any instructions given to you for your specific treatment always take priority. If something doesn't feel right — severe or increasing pain, bleeding that won't stop, fever, spreading redness, or a reaction to medication — call us at (407) 678-1400.