

**Park Lawn Dental**  
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### **Patient Instructions Following Scaling and Root Planning**

Following scaling and root planning, you can expect to notice less redness, bleeding and swelling of your gum tissue. Your mouth will taste better and feel better. Your gum health can then be maintained with proper homecare and regular professional care.

- **Discomfort:** Discomfort or pain should be minimal, subsiding a few hours after treatment. Discomfort is usually associated with a slight throbbing or aching in the areas of infection. If a local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. Acetaminophen or non-aspirin analgesic may be recommended to reduce discomfort.
- **Tooth Sensitivity:** Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable for the first few days, but it usually diminishes quickly. If tooth sensitivity persists, use a desensitizing toothpaste containing potassium nitrate. The application of an in-office desensitizing fluoride may also be recommended.
- **Bleeding:** Slight bleeding may occur during the next few times that you brush your teeth; however, this bleeding should steadily decrease.
- **Appearance:** As gums heal, they may change in shape. This is a normal transformation as the gums are tightening around the teeth.
- **Diet:** If extensive root planning was performed, chewing hard foods, such as meat or raw vegetables may be uncomfortable for the first few days after treatment. A diet of a softer consistency would be advised until chewing becomes more comfortable.
- **Oral Hygiene:** If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. Rinsing your mouth with warm salt water will soothe your gums. By the third or fourth day, normal oral hygiene techniques can be resumed.

If symptoms persist, or if you have any other questions, please call our office at **416.231.9163**.