

INSTRUCTIONS FOR PATIENTS COMPLETING ROOT PLANING OR DEEP CLEANING

The procedure just completed is designed to thoroughly clean the root surfaces. Soft bacterial deposits as well as calcified substances adhering to the root surfaces below the gumline are removed. These substances are irritants and prevent any attempt by the body to heal the gum tissue adjacent to the root surface. A local anesthetic was used to make this procedure more comfortable and in some cases to reduce the slight amount of gingival bleeding which normally occurs. It is customary to complete root planning or deep cleaning over a series of appointments. In the past anywhere from 4-8 appointments were needed, although with anesthesia and the use of ultrasonic scaling 2-4 appointments are usually sufficient.

Please observe the following precautions for the next few days:

1. Please avoid eating until the anesthesia has worn off. You might inadvertently bite your cheek, tongue, or lip tissue.
2. Please avoid hot liquids or foods for 24 hours to minimize the risk of bleeding.
3. Please begin your new oral hygiene regimen tomorrow morning.
4. While most patients experience little or no discomfort following the procedure, some cold sensitivity and gingival irritation is to be expected. Tylenol or Advil will generally take care of any mild discomfort.
5. If Peridex rinse was prescribed, please begin rinsing this evening and continue as directed until the bottle is empty.
6. If an antibiotic was prescribed, please take as directed.

“The key to successful periodontal treatment is good daily plaque control.”