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Post-Operative Instructions Following Scaling/Root Planing and Laser Therapy

Scaling and root planning therapy is a procedure that involves removing bacterial plaque and calculus (tarter) from the root surface below the gum line with instruments and ultra-sonics.

We also use a laser to remove diseased tissue within the pocket, kill bacteria and reduce the number of bacteremias (Bacteria within the blood stream).

The goal of this treatment is to allow reattachment of the gingival tissues to the clean root surface and shrink the periodontal pockets to levels that can be maintained by daily flossing and brushing. The following guidelines have been prepared for you to maximize healing and minimize discomfort.

Refrain from eating for at least 2 hours and until the anesthesia has worn off.

Avoid for the first 24 hours:

- Vigorous physical exercise, but you may return to work.
- Do not smoke. It is better to refrain for 48 hours as it could compromise your treatment.
- Drinking alcoholic beverages will negatively affect the healing process.
- Avoid food with extreme temperatures or spicy foods.
- Avoid strong mouthwashes that contain alcohol.

What to do:

- You may take a non-aspirin analgesic to relieve any tenderness or discomfort. 600mg of ibuprofen (Advil/Motrin) and 500mg of acetaminophen (Tylenol).
- Eat a soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Rinse with Chlorhexidine or warm salt water after each meal for the first day or two.
- Brush your teeth very lightly in the treated area the first night. Floss lightly for the next two days and gradually increase to normal force within one week.
- After flossing and brushing, rinse with Chlorhexidine if prescribed, for at least 60seconds. Do this at least twice daily.
- Teeth may possibly be sensitive (temporarily) to hot and cold.
- The laser aids to repair and regenerate the tissues: during the healing process you may notice "tissue tags" at the gingival margins. This is normal and no need to be concerned if you develop any.
- Several days after treatment your gums should begin to appear pinker, less swollen and will bleed less when you floss. These are signs of healing and improving periodontal health.

Your Home Care is directly related to the healing process. It is very important to keep your mouth as plaque free as possible to obtain the best healing results.