



*gorelik dentistry*  
HOLISTIC HEALTH

## **Patient Instructions Following Scaling & Root Planning**

Day of Periodontal Therapy, you make experience:

### **Discomfort**

- Discomfort or pain should subside in a few hours, definitely within a few days. Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about four hours.

### **Tooth Sensitivity**

- Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable the first several days and usually diminishes quickly.

### **Bleeding**

- Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease.

## **Instructions to Minimize Symptoms**

### **Diet/Eating**

- If extensive root planning was performed, chewing hard foods, such as meat or raw vegetables may be uncomfortable; this should last no longer than a few days. A diet of a softer consistency would be advised until chewing becomes more comfortable.

### **Discomfort/Sensitivity**

- If a local anesthetic was used, avoid chewing foods until feeling returns to avoid injury to the tongue or cheeks. CBD and/or Arnica should be taken as recommended to reduce discomfort. If tooth sensitivity persists, use desensitizing toothpaste. If the sensitivity is severe and prolonged, professional application of a desensitizing agent may be required.

### **Oral Hygiene**

- If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. By the third to fourth day, normal oral hygiene techniques may be resumes. Mouth rinsing is recommended with either antimicrobial rinse or warm salt-water rinse.

### **Special Instructions**

If symptoms are severe or persistent call our office immediately (704)553 1627.

- Take 4-200 mg Motrin before anesthetic wears off. This can be alternated with 500 mg Tylenol every 4-6 hours.
- Swish with Triology times per day for 30 seconds, use for 2 weeks. Do not eat or drink for 30 min. after the rinse.
- A 4-6 week follow-up appointment should be made.



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