



Leardi Family Dentistry

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POST-OP INSTRUCTIONS FOR SCALING AND ROOT PLANING

If you require more than just a regular cleaning, your dentist/hygienist may prescribe Scaling and Root Planing. It is usually done in sections. One quadrant of the mouth is cleaned in one session and you will have to come back for the other quadrants. First the teeth and the gums are anesthetized, then the teeth are cleaned using a combination of ultrasonic & hand instruments. It is not unusual to experience slight cold sensitivity for a few days after the procedure. Your teeth may even be sensitive to chewing. Any discomfort should be handled with Ibuprofen (Motrin) unless your physician has advised you not to take any non-prescription anti-inflammatory medications. Also warm salt water rinses speed healing. Any pain that prevents you from eating or drinking needs to be reported to the doctor.

Sometimes, the placement of an antibiotic (Arestin) in the pocket is advised if the pocket is greater than 4 mm. In that case, patients should postpone brushing for 12 hours and avoid the use of interproximal cleaning devices (flossing) for 10 days. The antibiotic used is Minocycline and can only be used on patients not sensitive to that drug.

After the completion of treatment, it is important to follow good home care which includes regular brushing, flossing, and whatever aids your practitioner has recommended. Your dentist/hygienist may put you on a 3-4 month follow up care regimen. Failure to comply with it will return your gum condition back to square one. Regular follow up care will create an environment for the gums and bone to heal and will prevent further destruction. Gum disease is a silent disease and the importance of follow up care cannot be overemphasized.

The doctor can be reached at 610-444-8744 during business hours and after hours at 484-645-2592 if you have an emergency.