

Post Operative Instructions: Root Planing

1. PLEASE CALL

If problems arise or if you need additional information, do not hesitate to call our office.

2. REST

Plan to be less active the day of the root planing. Try to rest as much as possible during the day and get plenty of sleep the night following the procedure.

3. DIET

After the numbness feeling of the local anesthetic subsides, you may eat any food of your choice. However, we recommend that you avoid very spicy, acidic or sharp foods. Also avoid popcorn, poppy seeds and alcoholic beverages. Do, however, drink plenty of fluids, especially juices and water.

4. BLEEDING

A slight amount of bleeding is normal after root planing. In case of excessive bleeding, take a gauze or a damp teabag and hold firmly over the area for twenty minutes. If bleeding persists, notify us. Use only non-aspirin pain relievers.

5. ORAL HYGIENE

For maximum healing, please keep your teeth perfectly clean. Even though your gums may be slightly sore, begin thorough but gentle brushing and flossing the same day. Use your Perio Med as instructed twice a day the first week, then once per day.

6. MEDICATIONS

If medication is prescribed, start taking as soon as possible after your dental visit. Your pain medication may make you drowsy. Therefore do not drive a car, operate heavy equipment, watch small children, or mixed with alcohol or other pain medications.

7. SENSITIVITY

You may experience some sensitivity to hot and/or cold fluids due to the shrinkage of diseased tissue. This is perfectly normal and will soon decrease.

8. RE-EVALUATION

You will have a re-evaluation check up in one to three months to measure the healing periodontal pockets and re-evaluate whether any changes need to be made in your home care program.