

**Dental Professionals on Whitesburg
8315 Whitesburg Drive, S
Huntsville, AL 35802
256-883-6770**

**AFTER CARE INFORMATION FOLLOWING SCALING
AND ROOT PLANING**

We have performed a therapy that removed the bacterial plaque, calculus (also called tartar) and poisons produced by bacteria (called endotoxin) from the packets and root surfaces of your teeth. These substances are the main cause of periodontal disease. By removing these substances and getting the root surfaces clean, we expect to see a reduction in the inflammation and possible reduction in the pockets. At each visit you will be given home care instructions to keep the mouth “plaque-free”. This will be critical to the success of our treatment and for maintaining your dental health for a lifetime.

- A local anesthetic is usually administered to reduce any discomfort from the deep cleaning procedure. Even use of a topical solution may keep the tongue, lips, and cheeks numb for sometime. Use caution when eating.
- You may experience some discomfort with your gums following the deep cleaning. Warm salt water rinses (1 tsp. salt to a full glass of water) will help alleviate the soreness. Salt water rinses may be used 2 to 3 times daily. Mild non-aspirin pain relievers can also be taken if needed.
- Some patients experience slight increased sensitivity to hot, cold or sweets. This is usually short-lived and can be improved by using sensitivity toothpaste and fluoride rinses. Your doctor or hygienist may also recommend a prescription strength fluoride.
- For every patient we recommend good home care.
 - Brush 2 to 3 times daily for approximately 2 to 3 minutes each time (soft brushes are recommended).
 - Floss daily.
 - Antimicrobial rinses (usually Listerine) should be used once daily. We usually recommend allowing the gums to heal 2 days prior to beginning these rinses.
- Several home care products may be recommended for you to keep your mouth healthy. These may be modified or changed if your dental health is not improving. Your hygienist will demonstrate use of these products.
- A re-evaluation of your periodontal health will be done at the last scheduled visit with us. At this time, further treatment and recall intervals will be discussed.