

Full Circle Dental Care  
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## WHAT TO EXPECT AFTER SCALING & ROOT PLANING

You have just taken part in a procedure called deep scaling and root planing. This involves removing the bacterial substance known as *plaque* and harder mineral deposits called *calculus* from tooth surfaces above and below the gumline (this is called *scaling*). It may also involve smoothing the thin layer of cementum covering the roots that has become infected with bacteria and their toxic by-products (called *root planing*).

Scaling and root planing helps the gums to reattach to the tooth. This will reduce gingival bleeding, inflammation and cause the pockets around the teeth to decrease in depth, allowing you better access to clean these important areas.

When the anesthesia wears off, you may experience slight discomfort around the teeth for several days and increased sensitivity to hot and cold (and sometimes sweets) for up to six weeks. This is the normal course of healing. You should begin to notice a definite improvement in sensitivity within two weeks.

It is important to continue the treatment process with good home care. There are several methods that will aid in the healing process. These include:

1. Thorough plaque removal on a daily basis with a toothbrush (manual or electric), dental floss, and WaterPik.
2. Apply PerioSciences Gel as prescribed. PerioSciences Gel works by using a mixture of essential oils and antioxidants to help to kill the bacteria that causes gingivitis, and aid in soft tissue regeneration.
3. Use of desensitizing toothpaste in place of your regular toothpaste for 4-6 weeks following the procedure (e.g. Sensodyne, Crest Sensitivity, Prevedent Sensitivity, etc.).

There are many benefits of scaling and root planing. However, this procedure alone is not always sufficient to stop the continued destruction of periodontal disease. Approximately 4-6 weeks after we complete the scaling and root planing, we will reevaluate your periodontal status. It is at this appointment that we will determine if further treatment (surgery, additional scaling, antibiotics, etc.) is necessary to control the disease process.

If you have any questions about your progress, please feel free to contact our office at (405) 677-0516.