

## **After Care Instructions for Periodontal Non-Surgical Patients**

Root planing is a non-surgical therapy intended to control inflammation of the gum tissue. This procedure removes bacteria, foreign substances, and tartar from the tooth surface and gum pocket. The result of this treatment is usually a reduction in swelling and bleeding, improvement in color and texture, and better patient comfort.

Root planing is done under local anesthesia on a quadrant (1/4 mouth) basis. Each appointment will last approximately one hour which includes time for anesthesia, oral hygiene and treatment.

### **Oral Hygiene:**

Each visit you will receive instructions on how to care for your teeth and gums. It is important to remove the bacterial plaque from around your gum line once a day. Remember, you have a bacterial infection in your gums and in order to control the infection you must keep the area clean.

Oral hygiene can begin in the area which was treated the same day. You may notice some bleeding and tenderness for the first few days.

### **Post-Operative Discomfort:**

Pain and swelling is not normal after root planing. Patients usually do not require pain medication or antibiotics following treatment. Please call our office if you experience any pain or swelling. Some gum tenderness and bleeding during oral hygiene is normal for about three to four days. Many patients experience cold sensitivity in their teeth for a short time following root planing. This can be reduced by keeping the area plaque free and utilizing a toothpaste for sensitive teeth (Sensodyne, Crest Sensitive). You should avoid the use of tartar control toothpastes because they can cause tooth sensitivity to be increased.

### **Eating:**

The only restriction regarding eating following root planing is that you must wait until the numbness is gone before chewing. Otherwise you can resume your normal diet the day of your appointment.

### **Follow up:**

It is important that you follow through with your treatment visits. It is ideal to schedule one root planing appointment per week. Time will be allowed for healing before we evaluate your response to treatment. A polishing visit and evaluation visit will be scheduled. Each appointment is essential to the success of your treatment.

One important goal of non-surgical care is to reduce or eliminate the need for periodontal surgery. This is only determined on a re-evaluation visit.

Regardless of whether surgical treatment is included in your therapy, regular recall cleanings are vital to the maintenance of periodontal health. Most research supports a four times per year interval. Your interval between visits will depend on several factors and customized to your particular periodontal needs.