

ROOT PLANING POSTOPERATIVE INSTRUCTIONS

*Please read the following instructions carefully.
They will help you to heal quickly & prevent complications.*

Discomfort: Gums may feel tender and bruised for a few days following root planing. Over the counter **pain medication** is usually sufficient. Teeth may become sensitive to cold. **Cold sensitivity** is reduced by good oral hygiene. If sensitivity persists longer than 2 weeks we can prescribe a desensitizing tooth paste or concentrated fluoride.

Oral Hygiene: Good oral hygiene is especially important for optimal healing during the 4 weeks following root planing. During the first two days, you may want to soften your **tooth brush** by running it under hot water. **Floss** gently during the first week. Avoid using a water pick during the first week to give the gum time to tightly seal to the teeth. An **electric brush** can be used as soon as it is comfortable.

Eating: To prevent biting tongue or lips, wait for numbness to wear off (1-4hrs) before eating. Avoid foods with fibrous skins or hulls that can get stuck under the gum. Eat a healthy diet. Consider taking Vitamins B complex, C, and E, and Co-enzyme Q 10 to supplement your diet.

Medications: If given prescriptions, take as directed.

Smoking retards wound healing and inhibits the immune system. Avoid smoking for at least 6 weeks. If quitting is out of the question, limit yourself to less than ½ pack per day.

Bleeding: A small amount of bleeding or oozing is common during the first 24 hours. If bleeding persists: 1. **Rinse** your mouth with cold water. 2. **Wipe** away any dark blood clots from the surface of the teeth or gums. 3. Apply firm **pressure** for at least 10 min. using a cold moist wash cloth or tea bag. 4. If bleeding continues, **call** the office @ **760-944-7844**.