

DEEP CLEANING (SCALING AND ROOT PLANING)

- Do not eat anything until the anesthetic wears off, as you may bite your lip, cheeks, or tongue and cause damage.
- Slight swelling of the area is expected.
- You may experience some discomfort, soreness of gums, and sensitivity to cold and to certain foods. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, and acidic foods in your diet.
- Minor bleeding, such as a pinkish tinge to your saliva, may occur during first 48 hours. You may rinse your mouth with warm salt water (1tsp. salt and 1 cup warm water) 3 times per day for 30 to 60 seconds.
- Tenderness may last for 1 to 2 weeks
- Over the counter painkillers (non-aspirin) such as ibuprofen work very well to alleviate discomfort.
- Continuing good oral hygiene. Continue to brush twice a day and floss daily, as well as any other oral hygiene aids that are recommended by your dentist Dr. Virginia Ipapo. Remember the success of your deep cleaning therapy is a team effort.
- A follow-up visit is usually scheduled 3 to 4 months after a deep cleaning treatment to measure gums for improvement and perform a regular teeth cleaning.