NOVA PERIO SPECIALISTS
Periodontics & Dental Implants

Instructions For Care of the Mouth
Following Scaling and Root Planning

You have just had your teeth scaled, root planned and possibly cavitroned. This instrumentation, in which the hardened deposits of bacteria on the teeth, both above and below the gingival tissues, are removed with precise instruments. This is a very important stage in periodontal treatment, as it greatly reduces the amount of bacteria responsible for the destruction of the tooth supporting structures. These are some of the things you may expect in the coming days, all of which are normal responses:

1. Your gums may be tender and bleed slightly for several days, as they heal. If you find they are too sensitive to brush for the first several days, you may use a moist terry cloth towel to clean the tooth a long the gum line. As soon as possible, resume the oral hygiene instructions, which have been prescribed for you.

2. If a pain reliever has been prescribed take it only as directed. REMEMBER many of these drugs will cause drowsiness and alter judgment. For these reasons do not drive, use machines or tools, which could injure you, or drink alcoholic beverages within six hours of taking medication.

3. For the next few days, the teeth may be sensitive to chewing hard foods, if you find that this is the case, try to eat softer foods and chew on the opposite side of your mouth. The teeth may feel somewhat looser, but soon will return to their normal tightness.

4. You will find that your gums will return to a healthier pink color and may shrink back slightly from the teeth. This is a result of reduced inflammation. The teeth may be sensitive to hot and cold foods, beverages and sweets. This may occur soon after scaling or may take several weeks to happen. If this is a problem, please bring it to our attention as soon as possible, as it is easily treated in most cases if treated early.

5. If any problems arise, please contact the office. Rest assured that our staff is well qualified and can answer most of your questions.

In the event of an emergency after hours, please call Dr. Kharmouche: 703-307-4867
Dr. Panwar : 347-530-4870 Dr. Shayan Barootchi: 773-494-1922