



LAKEVIEW
— DENTAL —

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INSTRUCTIONS AFTER SCALING AND ROOT PLANNING

- Some patients may experience constant blood oozing. This is usually common for those who had severely inflamed gums with very heavy calculus. It is important to resume your home care regimen immediately, but be gentle with the areas. It will help to remove plaque and promotes faster healing.
- Tenderness after scaling is normal. You may feel as if your gums are slightly enlarged. This is due to inflammation which will resolve over the course of a few days. To reduce tenderness and promote healing, rinse with warm salt water (one teaspoon of salt for every 3 ounces of water) every few hours.
- Feel free to use OTC medication to help with inflammation. Motrin (Ibuprofen) or Aleve are good choices.
- Now that the teeth surfaces are clean, it is normal and temporary to develop tooth sensitivity. It is mostly due to exposed teeth surfaces that were covered with heavy calculus. It will take a few days for your teeth to adapt. You may use desensitizing toothpaste that has 5% Potassium Nitrate as main active ingredient in addition to fluoride, such as Sensodyne or any other major brand for sensitivity relief.
- Please contact our office should you experience prolonged bleeding or any other problems during the healing process.