



PERIODONTAL SCALING AND ROOT PLANING

Periodontal scaling and root planing is an important part of your periodontal treatment plan. During these visits, your periodontal hygienist will be removing soft and hardened plaque (tartar) which has accumulated on the roots of your teeth. The roots of your teeth will be smoothed so that the gums can begin to heal. We hope the following comments will be helpful.

Please advise your doctor and hygienist of any medications (aspirin, antihistamine, etc.) that you are taking. Avoid taking aspirin the day before and the day of your appointment. We will use local anesthetic so that you will be comfortable during your appointment. You may need to take a mild medication for discomfort after your appointment.

You should eat a light or easily digestible meal before your appointment. Please limit your caffeine intake; even having one cup of coffee is not a good idea. You should be able to eat a normal diet following your appointment.

Plan to continue your regular daily schedule after you leave the office. You will not have any difficulty driving your car when you leave. Your gum tissue may be somewhat tender for a day or two, but this tenderness should not interfere with your plans.

A special note to our female patients: For your comfort, we suggest that you wear comfortable clothes and limit the amount of facial makeup that you wear the day of your scaling and root planing appointment.

It is very important that you continue the daily plaque control (home care) procedures that will be recommended for you. Your help and participation are essential for success!

Patients may have some discomfort following Scaling and Root Planing for a few days to a week. You may take Ibuprofen or Tylenol as needed.