Patient Instructions Following Root Planing/Perio Therapy

* Oral Hygiene – Your own oral hygiene will determine the type of healing response that occurs in your mouth. On the day of root planing, gently brush around the gum line. Start flossing the day after the procedure. Tenderness and some bleeding when brushing and flossing may last for several days. Thorough plaque removal must be accomplished and will help reduce tenderness and sensitivity, as well as maximize healing.
* Diet – Maintaining an adequate diet is essential to ensure proper healing. A few examples of nourishing yet softer foods are eggs, soups, cheese and pasta. Avoid crunchy foods such as popcorn, nuts and chips, as well as foods with small seeds. These foods can lodge between the gum and tooth, delaying healing.
* Smoking – No smoking! It is advisable not to smoke at all, especially for a few days following root planing in order to insure proper healing.
* Bleeding – It is common to have slight bleeding and tissue irritation following root planing for the first couple of days. If excessive bleeding occurs, apply a moist tea bag with direct pressure to the site for fifteen minutes. If bleeding persists beyond a few hours, please contact our office.
* Tooth Sensitivity – Varying degrees of root sensitivity following root planing may occur. This can result from exposure to hot and/or cold air and liquids, sweet, salty and spicy foods, as well as mechanical brushing and flossing. In most individuals this sensitivity will last a few weeks before gradually subsiding. Remember removing all plaque from the tooth surfaces will help reduce sensitivity.
* Gum Sensitivity – Discomfort following root planing varies from patient to patient. Usually ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) taken as directed will relieve any discomfort. Warm salt water rinses (1 tsp salt to 8 oz. water) every 3-4 hours the first few days will aid in healing irritated areas. If pain is persistent or excessive, please contact our office.

If you have any additional questions, please do not hesitate to contact our office.

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