

Periodontal Scaling

Your procedure today.

- You had a deep cleaning today to treat an infection of your gums. The procedure is sometimes called “periodontal scaling”. The area was numbed with a local anesthetic for your comfort. Then the tartar build-ups and infection were removed from your teeth and gums. This is the first phase in treating the infection. The second phase is completed by you, at home, by taking good care of your teeth.

Here’s what to expect.

- Your teeth and gums will be numb for 2 –3 hours.
- You may have some tenderness of the teeth and gums for the next few days.
- You may experience some hot/cold sensitivity for the next few weeks.
- Your gums may bleed when brushing or flossing for the next few weeks.

Here’s how to make your recovery comfortable.

- Use caution not to bite your lip, cheek, or tongue while numb.
- Take two (2) 200 mg. Ibuprofen tablets (e.g. Motrin or Advil) when your anesthetic begins to wear off, then every 4 hours as needed for soreness or pain.
- For the next 7 days, rinse with warm salt water after every meal and at bedtime. (Create your rinse with this formula; fill a small drinking glass with water, then add 2 dashes of salt from a shaker.)

Here’s how to keep your teeth clean and your gums healthy.

- Now that you’ve treated the infection of your gums, it’s super important to keep the teeth clean!
- **BRUSH** twice daily. Spend about 2 minutes brushing to do a thorough job. Bedtime is the most important time to brush. Always sleep with clean teeth.
- **FLOSS** once daily. Flossing is important because it cleans areas of the teeth that your toothbrush bristles cannot reach. Use good technique by wrapping the floss around the tooth in a “c-shape”.
- **RINSE** twice daily with a mouthwash. Listerine or Crest ProHealth are great adjuncts to keep your gums healthy. In some cases, a prescription-strength mouthwash will be prescribed for the short-term.
- **EAT** healthy foods, exercise and get good rest. Don’t smoke. The usual healthy living stuff!
- **PREVENT & DETECT** future problems with regular dental care. Plan to return for a follow-up visit in 30 days. Then we’ll determine what period between check-ups is best for you.

Here’s when to give us a call.

- If you have pain that cannot be managed with ibuprofen or acetaminophen
- If you have swelling of any kind.
- If you have any questions or concerns. We’re here to help!
- Office telephone: 612.827.7400