

Scaling and Root Planning (SRP)

AFTERCARE

- After your procedure, the numbness from the local anesthesia may last for a few hours. Avoid chewing, drinking hot liquids, or biting your cheek, lip, or tongue until the numbness wears off to prevent injury.
- It's common to experience some tooth sensitivity after SRP, especially to hot, cold, or touch. This should subside within a few days to a week.
- Mild swelling or tenderness in the gums may occur for a few days after SRP. This is normal and can be managed with over-the-counter pain medications, as recommended by your dentist.
- Continue brushing and flossing your teeth, but be gentle around the treated areas. A soft-bristled toothbrush and a mild touch will help avoid irritation.
- Rinse your mouth with warm salt water (1/2 teaspoon of salt in 8 oz of warm water) 2-3 times a day to help reduce inflammation and promote healing.
- Avoid using mouthwash with alcohol for a few days, as it can irritate the gum tissue.
- For the first 24-48 hours after the procedure, try to stick to softer foods to avoid irritating the treated gums. Avoid foods that are hard, crunchy, or chewy (e.g., chips, nuts, or popcorn).
- Mild bleeding may occur for the first few days after SRP, especially when brushing or flossing. If bleeding continues beyond a few days, please contact us.
- Avoid smoking and drinking alcohol for at least 24-48 hours after SRP, as these can delay the healing process and increase the risk of infection.
- As the gums heal, you may notice some slight recession (shrinkage) or changes in the appearance of your gums. This is a normal part of the healing process, and we will monitor it during your follow-up appointments.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE. A FOLLOW UP APPOINTMENT MAY BE SCHEDULED TO CHECK THE HEALING PROCESS AND OR TO REMOVE SUTURES.