

WHAT TO EXPECT FOLLOWING SCALING AND ROOT PLANNING

Following scaling and root planning, you can expect to notice less redness, less bleeding and less swelling of your gum tissue. Your mouth will taste better and feel better. Your gum health can then be maintained with proper home care and regular professional care.

DISCOMFORT

Discomfort or pain should not be acute and should subside in a few hours, definitely within a few days. Discomfort immediately after treatment is usually associated with slight throbbing or aching and occasionally may be uncomfortable. This discomfort usually subsides in about four hours. You may take OTC pain medication if necessary.

TOOTH SENSITIVITY

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be noticeable the first several days and usually diminishes quickly. Application of a desensitizing fluoride may be recommended.

BLEEDING

Some slight bleeding may occur during the next several brushings but the bleeding should steadily decrease.

APPEARANCE

As the gums heal they may change their shape around the teeth. This is normal as they tighten.

HOME CARE INSTRUCTIONS

Charge the Rotadent power toothbrush for 24 hours before using. Once fully charged it will hold charge for at least a week. Charge it overnight once a week or when you notice it slowing down. Do not use the manual toothbrush.

For the two weeks following EACH therapy session:

- ✓ **AM** – If your periodontal therapy included *Chlorhexidine* antimicrobial solution fill half the dispenser cup with it. Dip the Rotadent brush tip in the *Chlorhexidine* solution. If you did not get this solution, use Listerine. Brush the gums and 3-4 teeth at a time with it, frequently dipping it in the solution until the entire dentition from front and back are brushed. Do not use toothpaste. Rinse with the remaining solution for 30 seconds.
- ✓ **PM** – Brush your teeth with the Rotadent, same as above. If you were given a proxabrush or a sulcabrush for certain areas dip it in the *Chlorhexidine* or Listerine and use it where applicable from both the tongue side and cheek side of the teeth. Floss between all your teeth. Rinse with the remaining solution for 30 seconds.
- ✓ If you were prescribed an antibiotic in conjunction with your periodontal therapy it is very important that you finish taking all of your medication.

After two weeks, continue with the above routine, **EXCEPT** that you may use toothpaste with your Rotadent in place of either solution. Once a week, it is a good idea to brush your teeth and gums with the Rotadent dipped in *Chlorhexidine*/Listerine and rinse with it afterwards to keep your gums healthy.