

## POST-OPERATIVE INSTRUCTIONS AFTER SCALING AND ROOT PLANING

### 1. Oral hygiene:

- It is possible that the gingiva surrounding the treated teeth become sensitive during the first few days. Even if sensitive, oral hygiene measures must be restarted the same day. It is important to follow the oral hygiene instructions given during your appointment immediately. During the first few days, light bleeding may be observed during brushing, flossing or use of interproximal brushes. Bleeding is a sign of inflammation. As such, it is important to continue to clean the teeth and gums and this bleeding should disappear after a few days.
- It is imperative that the teeth and gums be properly cleaned, at least twice per day after the root planing. The more dental plaque (bacteria) will be removed effectively and frequently, the faster the gums will heal and reattach to the teeth. An excellent oral hygiene is essential to the healing process. An impeccable oral hygiene is your best ally to stabilize the bone loss around your teeth.

2. **Tobacco:** Smoking will impair healing. It is important to avoid smoking to favour healing and minimize the risk of bleeding.

3. **Pain:** It is possible that the gingiva becomes sensitive during the first few days. Do not hesitate to take painkillers such as Tylenol (acetaminophen, 1000mg, maximum 4 times per day), or Advil if your medical condition allows it (600mg, maximum 4 times per day). The discomfort and sensitivity is normal and will decrease gradually.

4. **Sensitivity to cold:** During healing, the gingiva may shrink towards the root and cause some exposure of the root (recession). The tooth may appear slightly longer, and a portion of the root may become exposed. This exposure commonly and normally causes sensitivity to cold, rarely to hot. Even though it might be intense in the first days / weeks, it will gradually decrease in the following weeks. To decrease the sensitivity, use desensitizing toothpaste and avoid acidic beverages (soft drinks, coffee, tea, citrus, etc.). It is important to eliminate dental plaque regularly as the accumulation of bacteria on the root exacerbates the sensitivity to cold.

5. **Healing:** Avoid pulling on your lip or cheek to observe the surgical site. During healing, a white pellicle may be found on the gingiva and may fall after a few days.

6. **Mobility:** It is normal that the teeth may be slightly more mobile after the intervention. This mobility will decrease after a few weeks.

7. **Bleeding:** A slight pink coloration of your saliva associated with the wound is normal for the first 48 hours. If a more intense bleeding is found, use one of the 2x2 cottons given and apply a firm and constant pressure at the area where the bleeding originates from for a period of 30 minutes.
8. **Diet:** If the gingiva or teeth are sensitive during mastication, follow a soft diet. If your teeth are sensitive to cold, avoid a cold diet. Regardless of this sensitivity, it is important to continue to clean your teeth properly and regularly. This sensitivity will come back to normal during the following weeks.
9. **Rest:** You may continue your normal physical activity on the same day of the intervention.

**Dr. Robert Bouclin & Dr. Charles Tremblay**  
**308-1335 Carling Avenue**  
**Ottawa, ON K1Z 8N8**  
**613-792-4658**