

Scaling and Root Planing (SRP)/Deep Cleaning/Gum Therapy

Scaling and Root Planing (SRP) therapy is necessary to stop the progression of periodontitis. After the procedure, it is normal to experience mild discomfort and/or sensitivity. The most common complaints are slight tenderness of the gums and tooth sensitivity to cold temperatures. It is also common to have some discomfort where the injections were given. Discomfort from the injection sites and tenderness in the gums usually resolves within a day or so. Sensitivity may persist for a few days to a few weeks. Some helpful reminders to resolve these issues are:

1. Be careful eating while you are still numb. Try to avoid chewing or biting on the area you are numb in to avoid biting your tongue, lip, or other tissues. Also be careful when eating or drinking hot beverages so that you do not burn yourself.
2. Take Tylenol or acetaminophen after procedure for 24 hours following treatment to prevent discomfort. An anti-inflammatory such as Advil or ibuprofen should suffice also.
3. Use warm saltwater rinses (1 tsp. Salt per 8 oz. of water) several times per day for up to one week can help to soothe and promote healing.
4. It is important to develop a daily regimen and to be diligent to

keep your mouth healthy and to prevent the progression of periodontal disease. You should floss daily as well as brush at least two times per day to remove plaque and bacteria.

5. Refrain from smoking for 24-48 hours after the procedure to ensure healthy healing of gum tissues.

6. After the procedure, swelling, redness, and inflammation will resolve, and the gums will ideally shrink and tighten. After removal of calculus and bacteria along with the healing process, more tooth structure may be noticeable, which is normal, but may not be what you are accustomed to seeing.

7. Follow up at your next appointment to finish any outstanding treatment to continue your journey to a healthy mouth.

8. It is recommended to follow up with your routine cleaning appointments every 3-4 months to maintain and prevent periodontal disease.

Sensitivity

Tooth sensitivity is common after treatment and usually resolves within 1-2 weeks.

- Avoid extreme temperatures when eating and drinking while teeth are sensitive.
- An over-the-counter sensitive toothpaste such as Crest Sensify[®], Sensodyne[®], and Colgate Sensitive[®] can help alleviate

sensitivity when used 2-3 times per day. You may also leave a small amount of toothpaste without rinsing for desensitizing.

- A prescription toothpaste such as Clinpro[®] may also be recommended by your dental professional.

If sensitivity or discomfort persists, please call Shane Smith DDS at 870-932-2644. Dr. Smith and our team are committed to providing quality dental care for all of our patients.