



## Post-op Instructions following Periodontal Therapy (Scaling and Root Planing)

- Depending on the anesthetic used, patients will typically be numb for a few hours
- Scaling and root planing is a nonsurgical approach to periodontal therapy.
- It is common to experience soreness in the gums and jaws after the procedure.
- Resume home care with brushing and flossing as indicated by your dentist/hygienist.
- It is fairly common to experience cold sensitivity after the procedure.
- It is common for the teeth to feel “looser” initially. As the gums heal, they may “tighten” up again.
- It is important to follow up with your dentist as recommended for maintenance visits every 3-4mths in order to prevent re-lapse.