**Scaling and Root Planing**

Scaling and root planing are non-surgical treatments of gum (periodontal) disease. The purpose of the treatment is to remove bacterial plaque and tartar from the roots of teeth, beneath the gums. The goal is to produce clean, healthy teeth and roots. This will promote healing of the inflammation and infection that causes gum disease.

After scaling and root planing:

* You may take an over the counter (OTC) pain reliever (as directed) for any tenderness or discomfort, unless you have medical conditions or allergies that prevent the use of such medications.
* Avoid eating anything on the area treated until the numbing medicine has worn off completely. It is easy to bite or burn your cheek, tongue or lip while numb.
* Avoid any hard foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.
* Rinse your mouth 2 - 3 times a day with warm salt-water to help soothe the area. If you are prescribed any kind of oral rinse, use it as directed.
* Immediately resume brushing after every meal (and snack) with a soft bristled toothbrush. Resume daily flossing. You may also use a water irrigation device if desired. However, be gentle with the area recently treated. Your gum health must be maintained with proper home care and regular dental visits.
* Do not smoke for the next 24 to 48 hours after scaling and root planing, as tobacco use will delay healing of the tissues.
* It is not unusual for your teeth to be more sensitive to hot and cold temperatures and/or sweets. This is normal. This occurs as the gum tissues heal and shrink. Such sensitivity should gradually decrease in a few weeks with proper home care.
* You can expect to notice less redness, less bleeding, and less swelling of your gum tissues.
* Your teeth may feel smoother and your mouth will taste and feel better.

We look forward to seeing you for your regular cleaning (periodontal maintenance) appointments to maintain the benefits you received from your scaling and root planing.

If you have any questions, please call the clinic at **(828) 299 - 2513**. The clinic hours are open Monday – Friday, 8:00 a.m. – 4:00 p.m. If after hours, please leave a voice message with your name, telephone number and last 4 digits of your social security number and someone will return your call the next business day. You can also contact us through Secure Messaging.



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