

POST PERIODONTAL THERAPY

Following root planing and scaling, also known as deep cleaning, it's crucial to follow specific instructions to promote healing and prevent complications. Here are some general guidelines to follow:

- 1 **Take prescribed medications:** If your dentist or periodontist prescribed antibiotics or antimicrobial mouth rinse, take them as directed to prevent infection and aid in healing.
- 2 **Manage discomfort:** It's common to experience some discomfort, sensitivity, or mild swelling after root planing and scaling. Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can help alleviate these symptoms. Follow the recommended dosage instructions on the medication packaging.
- 3 **Avoid touching the treated area:** Refrain from flossing or water irrigation for 24 hours in those areas that have had localized antibiotics placed under the gums.
- 4 **Practice gentle oral hygiene:** While it's essential to maintain good oral hygiene, be gentle when brushing and flossing around the treated area to avoid causing further irritation. Use a soft-bristled toothbrush and the two bottle treatment rinse provided by your dentist.
- 5 **Avoid smoking:** If you smoke, try to refrain from smoking for at least 24 to 48 hours after the procedure. Smoking can interfere with the healing process and increase the risk of complications.
- 6 **Modify your diet:** Stick to soft, easy-to-chew foods for the first few days after root planing and scaling. Avoid crunchy, hard, or spicy foods that may irritate the gums or cause discomfort.
- 7 **Attend follow-up appointments:** Follow your dentist or periodontist's instructions regarding follow-up appointments. These appointments are essential for monitoring the healing process and ensuring the success of the treatment.
- 8 **Stay hydrated:** Drink plenty of water to stay hydrated, which can aid in the healing process and promote overall oral health.
- 9 **Report any concerns:** If you experience severe pain, excessive bleeding, persistent swelling, or any other unusual symptoms after root planing and scaling, contact your dentist or periodontist promptly. These could be signs of complications that require immediate attention.
- 10 **Maintain regular dental visits:** Keep up with your regular dental check-ups and cleanings to monitor your oral health and prevent the recurrence of gum disease.

By following these instructions and practicing good oral hygiene habits, you can help ensure the success of root planing and scaling and maintain the health of your gums and teeth. If you have any questions or concerns about post-treatment care, don't hesitate to contact your dentist or periodontist for guidance.