

PRE-PERIODONTAL PROTOCOL

Before undergoing dental root planing and scaling, or deep cleaning, it's essential to follow specific pre-appointment instructions to ensure the procedure goes smoothly and effectively. Here are some general guidelines:

- 1 Inform your dentist about your medical history:** Provide your dentist with a comprehensive medical history, including any medications you're taking, allergies, past dental procedures, and any existing health conditions. This information helps your dentist tailor the treatment plan to your specific needs and ensures your safety during the procedure. Be sure to begin your oral antibiotics on the day of the appointment.
- 2 Continue regular oral hygiene routine:** Brush and floss your teeth as usual leading up to the appointment. While deep cleaning is designed to address gum disease and plaque buildup, maintaining good oral hygiene helps prepare your mouth for the procedure and minimizes the risk of complications.
- 3 Avoid alcohol and tobacco:** Refrain from consuming alcohol and tobacco products in the days leading up to your appointment. Both alcohol and tobacco can interfere with the healing process and increase the risk of complications during and after the procedure.
- 4 Eat a light meal before the appointment:** Have a light meal before your appointment to ensure you're not hungry during the procedure. Avoid heavy or greasy foods that may make you feel uncomfortable during treatment.
- 5 Arrive on time:** Arrive punctually for your appointment to allow sufficient time for paperwork and preparation. Being on time helps ensure the procedure can start promptly, minimizing any delays in your treatment.
- 6 Wear comfortable clothing:** Choose comfortable clothing for your appointment, as you may be sitting in the dental chair for an extended period during the procedure. Avoid wearing tight-fitting or restrictive clothing that may cause discomfort.
- 7 Discuss sedation options if needed:** If you experience dental anxiety or fear, discuss sedation options with your dentist beforehand. Sedation dentistry techniques, such as nitrous oxide (laughing gas) or oral sedation, can help you relax and feel more comfortable during the procedure.
- 8 Arrange transportation:** If you're undergoing sedation or anesthesia during the procedure, arrange for someone to drive you to and from the appointment. Sedation can impair your ability to drive safely, so it's crucial to have a designated driver to ensure your safety.
- 9 Ask questions:** If you have any concerns or questions about the procedure, don't hesitate to ask your dentist beforehand. Understanding what to expect can help alleviate anxiety and ensure a smoother experience.
- 10 Follow any additional instructions from your dentist:** Your dentist may provide specific pre-appointment instructions based on your individual needs and the nature of the procedure. Follow these instructions carefully to ensure the best possible outcome.

By following these pre-appointment instructions, you can help prepare yourself for dental root planing and scaling or deep cleaning and ensure a successful treatment outcome. If you have any questions or concerns, don't hesitate to discuss them with your dentist before the procedure.