

PERIODONTAL ROOT PLANING POST OPERATIVE

Root planing is a deep cleaning technique used with periodontal patients. Specialized dental instruments are used to reach down into the bottom of gum pockets and clean them out. Gum pockets arise from plaque and tartar build-up and can result in inflammation, bleeding and loss of tissue and bone. The tartar and diseased root tissue are removed. The remaining root is smoothed so new bacteria will be less able to adhere to these areas.

Root planing is done to allow inflamed, swollen gum tissue to heal, and hopefully, regain some bone and tooth attachment but to definitely prevent further progression of gum disease.

WHAT TO EXPECT IN THE FIRST 24 HOURS:

SORENESS: Your gums may feel somewhat sore for the next day. The discomfort can be relieved by rinsing in salt water (8 oz. warm water with 1 tsp. salt). You may also take over-the-counter pain medication if Dr.

Paliani has **not** prescribed any other drug. You may take 1-2 Aspirin, Tylenol or Ibuprofen (Motrin, Advil) every 4-6 hours for pain relief.

BLEEDING: Due to the nature of the procedure, bleeding is expected and normal. It will subside as the area heals.

WHAT TO EXPECT AFTER 24 HOURS:

ROOT SENSITIVITY: Some patients experience sensitivity to hot/cold temperatures when the gums recede and new root is exposed to the oral environment. Using a fluoride toothpaste and a fluoride mouthwash (eg. *Cepacol*) twice a day should reduce the problem. In addition, you may want to leave a dab of desensitizing toothpaste (eg. *Sensodyne*) on your teeth overnight. If sensitivity still persists, feel free to call the office. There are several different procedures to eliminate sensitivity as an office procedure.

PERIODONTAL ABSCESS: The gums should feel better each day. However, a periodontal abscess can occur if as the gums heal, the gums closing over trap bacteria. This is typical of a deep gum pocket. If this occurs, you will experience a swelling in the gum which may be painful. Please call the office if this happens. You may require antibiotics and further root planning in that area. However, if you follow your outlined home care regimen faithfully, it should prevent a periodontal abscess.

AFTER THE FIRST 24 HOURS:

You may begin the recommended home care. Over the next two weeks, the gums will be regenerating new tissue and the gingival pockets will be shrinking. This will improve the health of your gums.

The bleeding should gradually disappear and your gums should start to feel better. Most patients usually experience full recovery at the end of the first week. If you have any further questions or concerns, please do not hesitate to contact the office.

RINSING: You may begin rinsing with salt water rinses (8 oz. of warm water with 1 spoon salt) as soon as possible and at least 4-5/ day. In addition, you may, on occasion, be given/prescribed a Chlorlexirine Rinse by our office. Rinse two to three (2-3) times/day for at least thirty (30) seconds each time. Rinse entire mouth with a small capful. **DO NOT EAT OR DRINK FOR AT LEAST THIRTY (30) MINUTES FOLLOWING THE RINSE.** After 2 weeks, we recommend that you switch to **LISTERINE** as your daily mouthwash.