

## Post Op Care- Deep Cleaning

Gingivitis is a precursor to periodontal disease. If you have gingivitis, you may experience tender and bleeding gums when you brush and floss. When your teeth are cleaned, your gums may be sore for 1-2 days while your gums heal around where plaque and tartar was removed. It is important to continue to gently brush and floss, even if your gums bleed.

If gingivitis progresses over time, periodontal disease can develop. Periodontal disease occurs when bacteria accumulate in your gums can cause inflammation and bone loss. Scaling and root planing (deep cleaning) is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, healthy teeth and roots, which will promote healing of the inflammation and infection that causes gum disease.

Most patients experience little or no postoperative discomfort, other than gum sensitivity for the first day or two after a deep cleaning. The most frequent complaints are slight tenderness of the gums and tooth sensitivity to cold drinks and foods.

Post operative care:

- After scaling and root planing, avoid eating until the anesthetic has worn off completely to avoid biting or burning your cheek, tongue or lip while numb
- To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses
- Resume your home care regimen of gently brushing twice a day with a soft bristled toothbrush and daily flossing immediately
- You will likely experience increased hot, cold or sweet sensitivity as the gum tissue shrinks in size and leaves more tooth exposed. This should gradually subside with continued home care and sensitivity toothpaste
  - Avoid whitening toothpastes which can increase sensitivity
  - Use sensitivity toothpastes such as sensodyne
- Refrain from smoking for 24 to 48 hours after scaling and root planing as tobacco will delay healing of the tissues. Smoking cessation is highly recommended.
- 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.
- Usually, a 3 or 4 month cleaning schedule is recommended to keep you gums healthy after a deep cleaning