



Dr. Subea Hijazi DDS

Deep Cleaning (Scaling and Root Planing) Home Care Instructions

Following the completion of your deep cleaning appointment please follow these home care instructions :

- Days 1-3: Warm saltwater rinses 2-3 times daily. A soft food diet is recommended in these initial few days.
- Days 4-14: Rinse with 1 cap full of Chlorhexidine twice daily after brushing and flossing. Please refrain from eating or drinking for 30 minutes after.
- Resume twice daily brushing and flossing. Consistent daily oral hygiene is essential to allow proper healing of your gum tissues.
- In some cases, local antibiotics may have been placed. If so, please follow the specific instructions that were given to you at your appointment.

Others points to Consider:

The local anesthesia administered will likely cause your lips, tongue, and cheeks to remain numb for several hours. During this time, please be very careful to not chew, burn, or otherwise injure your lips, tongue, or cheeks. If you must eat while still numb, it is advisable to do so on the opposite side.

It is normal to have some mild discomfort after your cleaning. The discomfort is from cleaning plaque and calculus off of the teeth around already inflamed tissue. The multiple injections also will contribute towards your soreness. Motrin may be taken for pain relief, but do not exceed 800mg in 8 hours.

After scaling and root planing, you can expect that your gum tissue will be less swollen or prone to bleeding.

You may also notice that your teeth feel smoother and your breath smells better. You may experience some thermal sensitivity (especially cold) after your cleaning. This is normal and will decrease over time. If sensitivity persists, Sensodyne or extra strength fluoride toothpastes (prescription) may be used for relief. If sensitivity still continues, or is severe, a professional application of desensitizing agents may be necessary.

To ensure a lasting benefit from the deep cleaning, and decrease the chance that you will need to repeat the deep cleaning in the future, please do the following:

- Keep your regularly scheduled recall periodontal maintenance appointments
- Brush twice daily for 2 minutes and floss once.
- Use prescription mouth rinses or other aids as prescribed.

****Periodontal disease, like high cholesterol or diabetes, is a chronic condition which must be managed properly to ensure a good clinical outcome. There are no shortcuts to optimal periodontal health. The good news is that for most patients, it is attainable through regular and effective home care and regular visits to their dentist. We look forward to helping you maintain your natural teeth for a lifetime!****