



STEFANO

D E N T A L

**1617 W. Bogart Road, Suite 1
Sandusky, OH 44870
626-2205**

Aftercare Following Root Planing (Gum Therapy)

What to Expect

- 1) It is not uncommon for the gums to be uncomfortable or even exhibit a dull ache immediately after receiving root planing. This should subside within a few days.
- 2) Your teeth may feel different because the plaque and tartar have been removed revealing a smooth surface of tooth structure. Because the tartar and plaque may have insulated your teeth, your teeth may also feel sensitive.

What to Do

- 1) We recommend you take something for pain-relief within one hour of leaving our office, to get the medication into your blood system before the anesthesia we administered begins to subside. Generally, only one dose is needed. We recommend ibuprofen (Advil, Motrin, Nuprin) – 800 mg (four tablets). If you have a medical condition or gastrointestinal disorder, which precludes ibuprofen, acetaminophen (Tylenol, Excedrin) is a substitute, although does not contain anti-inflammatory properties. Aspirin and aspirin-containing products are *not* advisable, as they tend to increase bleeding from the area that was treated.
- 2) Continue your regular home care of brushing after meals and flossing daily. This is crucial for proper healing. If your teeth are sensitive to temperature, try using a sensitivity-protection toothpaste. We may also prescribe or recommend some additional home cleaning aids.
- 3) Whenever possible, try to chew on the opposite side from the tooth we have just treated.
- 4) Please avoid, hard and crunchy foods that could get caught in your gum pockets and cause irritation.

Please Call Us If...

- 1) You are experiencing symptoms more intense or of longer duration than those described above.
- 2) You have any questions at all.