



—BAKER VICTORY—
DENTAL CENTER
AT OLV HUMAN SERVICES

OLV Human Services
A Father Baker Legacy

790 Ridge Road ▪ Lackawanna, NY 14218

Phone: (716) 828-9335 ▪ Fax: (7816) 828-9355

What to expect after Scaling and Root Planing (Deep Cleaning)

Scaling and root planing often causes gum redness, minimal swelling and minor irritation. With proper aftercare and routine professional care, your gum health can stabilize.

Here is what you should know

Pain and discomfort following the treatment is uncommon and should lessen within a few days. Any discomfort such as slight throbbing or aches typically stops within four hours. If you experience pain while brushing, make sure you are brushing gently—the pain should subside in 24 to 48 hours.

Your teeth may be sensitive to extreme temperature and sweets. Stick with warm meals and drinks until the sensitivity reduces.

Minor bleeding may occur while brushing and should subside after two or three days. Avoid alcohol, smoking and spicy/acidic foods as it could prevent proper healing. If the bleeding continues, apply pressure to the area with a moistened tea bag or gauze for about 20 minutes. If the bleeding does not cease after 48 hours, call the dental office as soon as possible for more instructions. As the inflammation reduces, the root surfaces may be exposed further, creating more gaps between the teeth and some sensitivity.

Tips for minimizing the symptoms

If the scaling and root planing was extensive, you might feel pain while chewing hard foods such as meat or raw vegetables. This should stop after a few days. You should stick with a softer diet until chewing becomes easier.

After any numbness wears off, you can resume your regular diet. Avoid sticky, hard (popcorn, nuts, ice cubes, chips), acidic, spicy, brittle or highly seasoned foods. Foods such as pasta, scrambled eggs, soups, macaroni, mashed potatoes and cheese are preferable. Consume nutritious food and stay sufficiently hydrated. You should avoid smoking for at a week or two after the procedure because that could delay healing considerably.



—BAKER VICTORY—
DENTAL CENTER
AT OLV HUMAN SERVICES

OLV Human Services

A Father Baker Legacy

790 Ridge Road ▪ Lackawanna, NY 14218

Phone: (716) 828-9335 ▪ Fax: (7816) 828-9355

For pain and sensitivity

If the dentist used local anesthesia, avoid chewing until the numbness stops to prevent injury to your cheek or tongue. You can take acetaminophen or non-aspirin analgesic to relieve discomfort. If the tooth sensitivity persists, you can get a desensitizing toothpaste. You will need to contact the dental office for a stronger desensitizing agent if the sensitivity is prolonged.

Oral hygiene

If the gum tissues are inflamed, brush gently and thoroughly until your gums feel normal again. You can start your normal oral hygiene routine after three or four days. You can clean your mouth with antimicrobial mouthwash rinse. Limit the use of the mouthwashes to every one or two weeks.

Home care

You can promote recovery by rinsing your mouth with warm saline rinses four to six times daily (8oz warm water with 1 tsp salt. Swish the solution for 30 seconds in the mouth after meals or snacks.

In conclusion

There is no need to be worried if you experience pain, bleeding or irritation after a *scaling and root planing* procedure. Continue home care as directed, and if the symptoms persist, reach out to your dentist or dental hygienist immediately.

Call Baker Victory Dental Center at [\(716\) 828-9334](tel:7168289334) with any questions