

Janet E. Stukalin, D.D.S.
5925 Forest Lane, Suite 318
Dallas, Texas 75230
972-490-4883

Scaling/Root Planing Instructions

Scaling & Root Planing is a procedure that is utilized to clean and debride teeth. It can aide in determining the course of future treatment.

After Scaling & Root Planing:

1. If anesthetic was used, take care not to bite your tongue or lips until numbness wears off.
2. You should keep your teeth and gums very clean, beginning the day of your appointment. Brushing is recommended at least twice daily and cleaning between the teeth with floss or interdental aide should be at least once daily. Follow the instructions given by your dental hygienist. This is the single most important factor under your control to treat your condition. Remember periodontal disease is an infection.
3. You may rinse your mouth every 3-4 hours using ¼ teaspoon salt in a glass of warm water, as needed, the first day. This helps reduce swelling as well as soothe the instrumented areas.
4. You may take Advil (ibuprofen) or Tylenol (acetaminophen), as needed, for discomfort. Your teeth may be more sensitive to cold. This is usually temporary. Tooth pastes for sensitive teeth and a diet low in sugar and which avoids pH (acidic) extremes can also help. Any extreme pain, localized swelling or prolonged bleeding should be reported to the office.
5. If antibiotics were prescribed, these should be taken as directed to completion.
6. You will need to see Dr. Stukalin for a short re-evaluation appointment, usually 6-8 weeks after completing scaling and root planing. At this time, a determination will be made as to how well your mouth has responded. Additional treatment may be necessary depending upon the results of therapy.

Note: Proper home care will afford you the best possible outcome to therapy.