

SCALING AND ROOT PLANING:

Persons that are suffering from periodontal (gum) disease (either localized or generalized) may have scaling and root planning suggested as part of their treatment plan. These procedures are often done under a local anesthetic, and are designed to clean debris from root surfaces and periodontal pockets around the teeth. This treatment is usually done in hopes of promoting healing, and improving gingival health. Following scaling and root planning:

- you will notice that your gums do not bleed or swell as much.
- you may experience a little throbbing or aching of the gums, but these symptoms should subside within a few days.
- Your teeth may be a little sensitive to temperature changes and sweets, but this also should subside quickly. (Let us know if it persists, as we may then recommend a desensitizing agent.)
- If needed, ibuprofen will help with any post-operative discomfort.

ARESTIN:

Arestin is an antibacterial agent that may be placed in the periodontal pockets around the roots of your teeth. Typically, it is placed in conjunction with scaling and root planning. If arestin has been placed, we ask you to follow the following instructions:

- avoid touching treated areas
- wait 12 hours after treatment before brushing teeth
- wait 10 days before using floss, toothpicks, or other devices designed to clean between the teeth in that area.
- Avoid foods for one week that could hurt the gums (peanuts, popcorn, pretzels, etc.)