



SCALING AND ROOT PLANING

Scaling and Root Planing (also known as a deep cleaning) is a common non-surgical method used to address periodontal disease. Scaling refers to the process of removing tartar/buildup that has accumulated on your teeth. Planing refers to the removal of tartar on the root of the tooth below the gumline. When bacteria is allowed to settle on your teeth for too long, it will eventually mineralize and turn into calculus (tartar). The primary difference between plaque and tartar is that plaque can be removed by conventional brushing methods, whereas tartar will need to be removed through the efforts of your periodontist or hygienist.

Periodontal disease that is left unchecked can not only cause oral issues, such as bone loss, to develop, but can contribute to other inflammatory health conditions, such as diabetes and heart disease. As we know, there is a direct connection between the mouth and the rest of the body! The scaling and root planing procedure is an effective method for improving your oral health and preventing bacteria from spreading. It may also improve aesthetic appearance by removing stains from the surface of your teeth and eliminate halitosis (bad breath) related to periodontal disease.

On the day of your cleaning your periodontist will first numb you using a local anesthetic. Once you are properly numb, your periodontist or hygienist will use specialized dental instruments to remove the calcified tartar and plaque from your teeth and below your gum line. They will use instruments to smooth the tooth and root surfaces. A dental laser may also be used at the time of cleaning to help kill any bacteria at the base of your periodontal pocket and promote the healing of your gum tissue. After one month of healing, you will come back for a re-evaluation appointment. Your periodontist will re-check the pocket depths and bleeding to determine if any further intervention is required to treat your periodontal disease.

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What to expect:

- Prescriptions
- Spaces between teeth
- Possible exposure of crown margins
- Possible increase in mobility
- Sensitive to temperature
- Mild/moderate discomfort
- Inflammation
- Possible gum recession
- Periodontal Re-evaluation appointment at 1 month
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
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