

Post Operative Instructions after Teeth Cleaning, Scaling and Polishing



Teeth Cleaning, Dental Scaling, root planing, and polishing is the non-surgical treatment for Gum Disease.

This treatment is performed to remove bacterial plaque, tartar, debris, and stains from around teeth and gum line. The purpose is to produce smooth, clean teeth and roots, which promote the healing of inflamed and infected gum.

After scaling and root planing, avoid eating too cold or hot.

Avoid any hard "chippy" foods such as potato chips, popcorn, or seeds for the next few days.

To soothe the area, rinse your mouth 3-4 times a day with lukewarm salt water. Use one teaspoon of salt in every 3 ounces of water.

Usually, no day off is required after Dental Scaling, daily activities can be resumed immediately, after the procedure.

Do Not Smoke. Tobacco delays tissue healing.

You might experience teeth sensitivity after teeth cleaning and root planing. The doctor might prescribe you desensitizing toothpaste and gels.

You also might feel natural gaps between teeth that were previously covered by tarter

You may take a nonsteroidal pain killer for any tenderness or discomfort. Inform your dentist in case you feel pain or sensitivity

In case of persistent pain, discomfort, or swelling that occurs after scaling and root planing, contact the clinic for instructions as soon as possible.



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