

# Instructions After Scaling and Root Planing – SRP

Scaling and root planing ( SRP ) may be a necessary procedure in helping eliminate gum disease and to prevent ongoing and future infection and mouth pain. Once disease sets in it must be treated or it will only progress. Gingivitis is the earliest stage of gum disease and then progresses to Periodontitis. At the early stages Gingivitis can be turned around in many cases with good brushing, flossing and regular dental cleanings.

During later stages of Gingivitis and as Periodontitis sets in and progresses scaling and root planing is the next step before more advanced surgical procedures are needed for disease treatment.

Once scaling and root planing have been used the guidelines below should be followed to help prevent additional discomfort or complications.

## CARE OF YOUR MOUTH:

Rinse your mouth 2-3 times per day with warm salt water. One teaspoon salt/8 oz. water. Start home care as instructed, immediately. In the beginning you may need to be gentle. Rinsing with warm salt water will help reduce any tooth or gum pain and discomfort.

## DISCOMFORT:

Your gums may become “achy” and a couple of aspirin or Tylenol will eliminate any discomfort. Medication should be taken per instructions. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of fluoride toothpaste on the “touchy” tooth should stop cold or touch sensitivity in a few days. If sensitivity does continue, switch to sensitive formula toothpaste and use Colgate Gel-Kam Fluoride dabbed directly on the sensitive tooth. Gel-Kam is available at your pharmacy over the counter; you may have to ask for it. To learn more about Gel-Kam for sensitive teeth we have provided a link at the end of the page.

## EATING:

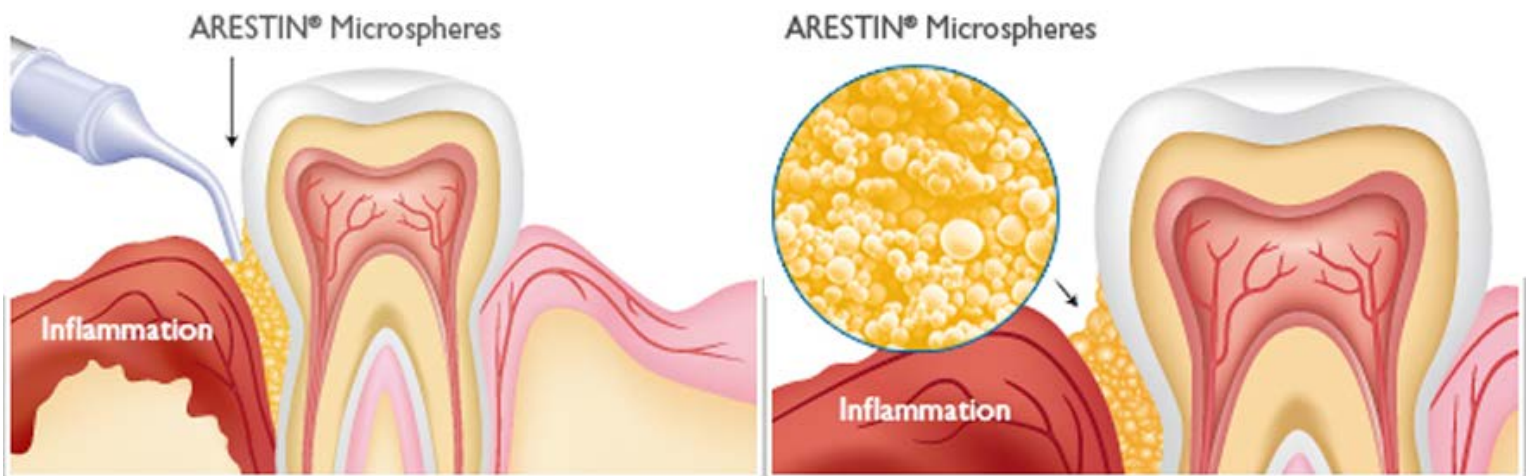
Your next meal should be soft. Avoid any hard “chippy” foods, foods with small seeds, foods that are crunchy, or popcorn for the next 2-3 days. This will help prevent food particles from entering the treated area leading to discomfort and risk of infection.

## TOBACCO:

Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 24 hours or longer. Electronic cigarettes and other e-vaping options have not been explored yet in enough detail. If you use such products it would probably be best to refrain from their use during this period as well.

## ARESTIN:

Do not use floss, rotadent or rotapoints in areas where Arestin has been placed for one week. Arestin is an antibiotic treatment for periodontal (gum) disease that is used as an add on therapy to dental scaling and root planing ( SRP ) procedures to help reduce the depth of pockets in adults with periodontal (gum) infections. More about Arestin can be learned using the link to the manufacturer at the bottom of the page.



Colgate Gel-Kam – <http://www.colgateprofessional.com/products/colgate-gel-kam-preventative-treatment-gel-rx-only/information>

Arestin – <http://www.arestin.com/>