



What To Expect After Scaling and Root Planing (SRP) Post-Operative Instructions

Pain Management:

- You may experience some discomfort and sensitivity after the procedure. Over-the-counter pain relievers like ibuprofen or acetaminophen can help manage this. Follow the dosage instructions provided by your dentist.

Diet:

- For the first 24-48 hours, avoid hard, crunchy, or sticky foods that could irritate the treated areas. Drink plenty of fluids but avoid using a straw as suction can affect the healing process.

Swelling and Bleeding:

- Some swelling and minor bleeding are normal. Apply an ice pack to the outside of your cheek for 15 minutes on and 15 minutes off to reduce swelling.
- If bleeding persists, apply gentle pressure with a clean gauze pad or a damp tea bag.

Healing and Appearance:

- Initial healing usually takes a few days, but complete healing of the gums can take several weeks.
- You may experience increased sensitivity to hot and cold temperatures. This should gradually decrease over time. Using toothpaste for sensitive teeth can help.
- Your gums may appear red and swollen initially but should gradually return to a healthy pink color as they heal.

Follow-Up and Long-Term Care:

- Continue good oral hygiene practices and regular dental check-ups to prevent the recurrence of periodontal disease. Cleaning appointments will now be every 3-4 months, this is called a periomaintenance appointment. It is like your yearly cleaning, with additional periodontal steps to ensure you continue on the right track to maintaining healthy gums.
- Continue to brush and floss your teeth gently twice a day with a soft-bristled toothbrush. Be careful around the treated areas.

Chlorhexidine Rinse:

- Use the chlorhexidine rinse as prescribed by your dentist. Rinse with 15 ml (about half a capful) of the solution twice a day for 30 seconds. Once in the morning and once at night.
- Do not eat, drink, or rinse your mouth for at least 30 minutes after using the rinse to ensure its effectiveness.
- Only use on clean teeth. Rinse can attach to plaque and cause staining. Discontinue use after 7 days. Long term use can cause staining. If staining occurs, it will clean off at your next cleaning.

If you have any specific concerns or experience unusual symptoms, don't hesitate to reach out.