



Benjamin K. Metz D.M.D., M.S.D., LLC

Periodontics & Implantology

MOUTH CARE FOLLOWING SCALING AND ROOT PLANING

We have just performed scaling and root planing on the oral tissues that support and maintain the health of your teeth. You may experience some discomfort once the numbness wears off. The discomfort should be mild and can be controlled by over the counter analgesics (pain relievers), (Tylenol, Advil, etc.) This should be taken as directed on the packaging or as directed by Doctor Metz. If pain becomes severe please don't hesitate to call the office (this is very rare).

ORAL HYGIENE INSTRUCTIONS

Starting the night of the procedure: gentle, but thorough brushing and flossing of the entire mouth. The appropriate hygiene adjuncts can also be used, proxabrush, electric toothbrush, water pik, etc.)

ARESTIN

If arestin has been placed-do not worry about removing the arestin with your floss The arestin is placed at the very bottom of deeper pockets where it is inaccessible to floss.

EATING

It is best to avoid foods with small seeds (berries, sesame seeds, etc.) as well as popcorn for at least 3 days.

WHAT TO EXPECT

The gingival tissues (gums) may be tender and teeth may possibly be sensitive (temporarily) to hot or cold. It is advisable to use a desensitizing toothpaste (e.g. Sensodyne or any toothpaste that has a desensitizing formulation containing Potassium Nitrate as part of the active ingredients). You may also experience slight bleeding when brushing or flossing. The gingival tissues should feel better (healthier) within days.

Remember, the key to success relies on proper oral hygiene. Your dedication to improved home care will lead to the best overall results.

Sincerely,

Dr. Benjamin Metz and Staff

If you have any questions please call

Office phone 614 882 5050