

ROOT PLANING INSTRUCTIONS

Root planing procedure is a specialized type of teeth scaling that targets the removal of plaque and tartar from the deep gum pockets and smoothes the surface of the root. This procedure reduces the degree of inflammation and infection in the diseased gum tissue, and usually prepares the affected gum areas for further corrective treatment such as surgery. The procedure, which may take several visits, is usually completed by our dental hygienists, under local anesthetics.

Here are some instructions following your treatment:

1. DISCOMFORT should be minimal. If soreness is present, use Tylenol or ibuprophen (Advil, Nuprin, Motrin) as directed.
2. If an ANTIBIOTIC has been prescribed, take this entire prescription as directed. If any side effects occur, discontinue use and call our office. Antibiotic is not always prescribed.
3. You can resume normal EATING after all the numbness has worn off. Be cautious to not bite your cheek, tongue, or lip while the numbness exists.
4. BLEEDING from the procedure will be minimal or none.
5. If EXTRACTION(S) were done on the same appointment, follow the post-extraction instructions.
6. Recommended ORAL HYGIENE can start anytime within 24 hours. Brushing and flossing (and other aids) should be done at least twice a day. Rinsing with mouthwash is also recommended twice a day. If soreness minimizes effective oral hygiene, warm salt water rinses can be done until normal brushing and flossing can resume.

Your dental hygienist performing the root planing procedure today was: _____

If you have any concerns or questions, please contact our office **614-575-0070**.

As a courtesy to our other patients, we request 2 business days' notice prior to changing your reserved appointment.