



ESTHETIC DENTAL GROUP OF WESTPORT

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Scaling and Root Planing

Post Treatment Care Instructions:

Numbness/Anesthesia:

Your mouth will be numb for the next several hours. Please avoid biting and chewing until the numbness has completely worn off to avoid risk of injuring your lip, tongue, or cheek.

Care of your Mouth:

Start home care as instructed immediately. At first you may have to be gentle. Rinse your mouth 2-3 times per day with warm salt water as needed (one teaspoon of salt per 8 oz of warm water).

Discomfort:

Your gums will be tender or "achy". Taking 3 tablets of Motrin or Advil (600 mg) every 6 hours as needed, over the next couple of days, will help to prevent inflammation which leads to discomfort. Sensitivity to cold may temporarily occur.

ARESTIN:

ARESTIN is a small amount of antibiotic powder (minocycline) that may have been applied in conjunction with your scaling and root planing. ARESTIN remains in the pocket for 21 days. Be careful in cleaning in between the teeth with floss or a proxybrush as it may dislodge the Arestin.

Follow-up:

Because the bacteria that cause periodontal disease are persistent, the infection can return. Please be sure to make 90 day follow-up disease prevention visits (periodontal maintenance appointments) with your dental professional to maintain healthy gums and teeth. It is important to keep all of your dental appointments so that your dental professional can re-examine your gums, make sure infection is under control, and measure the success of your treatment on a strict 90 day cycle.

If you have any questions or concerns, please call our office.

