

Hygiene Team

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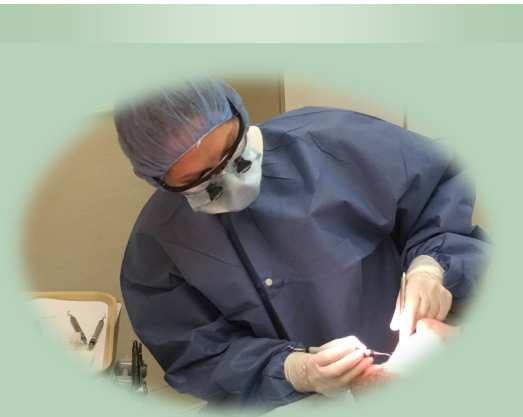
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Scaling & Root Planing After-Care Instructions



Periodontics & Implant Dentistry

www.drstuartfroum.com



Non-Surgical Treatments

Our goal is to prevent early or premature loss of your teeth. This can be accomplished non-surgical procedures and is the first step toward controlling periodontal disease.

Following root debridement therapy patients will require ongoing maintenance therapy to sustain dental health. Non-surgical therapy does have its limitations. When it does not achieve periodontal health, surgery may be indicated.

The key to success in preventing gum disease is early diagnoses and conservative treatment along with improved homecare i.e. brushing, flossing, use of special mouth rinses that we recommend.

Post-Op Instructions

Following Scaling and Root Planing, you can expect to notice less redness, and less bleeding, and less swelling of your gum tissue. You will also notice better smelling breath. Your gum health can be maintained with proper home care and regular professional care.

- ◆ **Discomfort or pain** should be light and should subside in a few days. Discomfort immediately after treatment is usually associated with slight ache and occasionally may be a bit uncomfortable. This discomfort usually subsides in about 4-6 hours. Any discomfort when brushing should subside in one to two days.
- ◆ **Following tooth & root cleaning teeth may be sensitive** to temperature changes and/or sweets. The sensitivity to temperature may be evident the first two or three days.
- ◆ **Some slight bleeding may occur** during brushing or flossing over the next several brushings but the bleeding should steadily decrease after two or three days.
- ◆ **Root surfaces may be more exposed** as tartar is removed and the inflammation subsides. This may result in a little more spaces between teeth.
- ◆ **Diet/Eating**—If extensive root planning was performed, chewing hard foods, such as tough meat or raw vegetables may be uncomfortable but this should last no longer than a 1-2 days. A diet of softer consistency would be advised until chewing becomes more comfortable.
- ◆ **If a local anesthetic was used**, avoid chewing foods until sensation returns the area to avoid self injury to the tongue or cheeks. If a patient is not allergic, Acetaminophen (Ibuprofen, Tylenol, Advil or Motrin) or a non-aspirin analgesic should be taken as needed to reduce discomfort. If tooth sensitivity persists, use a desensitizing dentifrice (toothpaste) containing potassium nitrite (Sensodyne). If the sensitivity is more severe and prolonged, professional application of a desensitizing agent and a prescription toothpaste may be required.
- ◆ **If gum tissues are tender**, brush your teeth gently but thoroughly; this may take a little more time than normal. Resume regular oral hygiene techniques on the fourth day after the procedure. Mouth rinsing is recommended with either of the following solutions: (1) an antimicrobial rinse, or (2) a warm saline rinse (1/2 tsp to 8oz of water) two times a day (If you have a tendency toward high blood pressure use Epsom salt). Use of these rinses should be limited to one to two weeks.