

## **Root Planing & Gum Care**

Root planing removes bacteria and calcified deposits from the root surfaces of teeth causing periodontal “gum” disease. As a result of this treatment your swollen gum tissues will heal and reduce in size. The greater the reduction in the pocket depth the more improved your periodontal health. As pockets gradually become shallower they will be easier for you to clean. Our goal is to restore healthy pocket depths averaging 1 - 3mm.

Most people wish to be numb during root planing. Local anesthetic permits a deeper, more thorough cleaning without discomfort. Antimicrobial irrigation is also added to help promote healing and reduce inflammation and bleeding.

We recommend that before the anesthetic wears off you take aspirin, Tylenol or ibuprofen as needed for anticipated discomfort. Rinsing gently 3 X daily with warm salt water reduces soreness. (Use ½ of a teaspoon of salt in 6 oz. of warm water.)

Your gums may bleed easily for a few days after your procedure - especially when cleaning your teeth. Continue your home care gently, but thoroughly. Remove plaque from all tooth surfaces at least once every 24 hours. You will achieve greater healing the better you clean.

Cold sensitivity generally develops as pocket depths decrease and gum tissues heal. You will receive a fluoride prescription to treat this common condition. Healing tissues may expose a crown margin or edge of a previously unnoticed filling. We are happy to discuss options available to correct the problem if this becomes a cosmetic concern.

NOTE: Improved tissue healing after root planing is only transitory if not maintained by daily oral hygiene. Please follow all instructions given to you and maintain your future dental cleaning schedule recommended by your provider.

Do not hesitate to contact our office at 726-8272 if you have any questions or concerns.

Scott Featherstone DDS