



POST-OPERATIVE INSTRUCTIONS

Scaling & Root Planing (Deep Cleaning)

Preventative Care · Cisco Dental — Dental Fitness

Scaling and root planing treats active gum disease by removing bacteria and hardened deposits from below the gumline and smoothing the root surfaces so your gums can reattach and heal. The next two weeks matter.

The first 24–48 hours

- If you were numbed, wait for full feeling to return before eating.
- Some tenderness, mild bleeding, and gum sensitivity to temperature are expected as the tissue heals.
- Begin warm salt-water rinses (1/2 teaspoon salt in a cup of warm water) 2–3 times a day, starting the day of treatment.

Comfort

- An over-the-counter anti-inflammatory such as ibuprofen, taken as labeled, controls most discomfort.
- If a prescription mouth rinse (such as chlorhexidine) was provided, use it as directed and do not rinse with water immediately after.

Eating

- Choose softer foods for a day or two and chew on the untreated side when possible.
- Avoid very hot, spicy, crunchy, or seedy foods that can irritate healing gums.

Hygiene — this is the whole point

- Brush gently but thoroughly tonight; do not skip the treated areas — just be soft.
- Resume daily cleaning between the teeth as soon as you comfortably can; healthy home care is what makes this treatment hold.

What to expect

- Teeth may feel more sensitive to cold for a week or two, and gums may look slightly different as they tighten — both are signs of healing.
- Keeping your follow-up and maintenance visits is essential; gum disease is managed over time, not cured in one appointment.



When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)