



MORRELL DENTAL

Instructions for Scaling & Root Planing (SRP)

1. Scaling & Root Planing (SRP) was done in order to access, debride and clean the root surfaces of your teeth in a way not possible with a routine cleaning. The procedure is considerably more involved than a standard cleaning. It is normal to have soreness and increased bleeding in your gums for 2-4 days after the procedure. Do not be alarmed if this is the case - it will resolve itself.
2. It is also not uncommon to have some increase sensitivity - to hot/cold, or sweets - in the roots of your teeth. This will normally resolve in 2-3 weeks. Using Sensodyne, or other "sensitivity" toothpastes, can help to speed the resolution of this more quickly. Feel free to use it if you are experiencing this.
4. In the healing phase after the completion of SRP, the gums will ideally begin to tighten, shrinking the periodontal pockets you have. Swelling, redness and inflammation should also resolve. As things heal, this tissue tightening/healing may expose more of your roots than you are accustomed to seeing. This is normal.
5. After your procedure, brush quite gently for the first 1-3 days. After that resume your normal brushing. Brushing thought: If you get the gumline clean, you will get your teeth clean. But if you just brush your teeth (ignoring the gumline) you may miss most everything that is important. Think gumline as you brush!
6. In the first 1-5 days after SRP, avoid the use of alcohol based mouthwashes. The alcohol can irritate healing tissues. Instead, rinse with warm salt water 2 to 4 times per day. This will help speed healing.
7. The use of some kind of inter-dental cleaning device is important to resolve your gum issues. Floss is traditional. Use it if you have good daily habits and are proficient at it. If you are not, then try the interdental pics we have demonstrated for you. In many ways, they are faster and easier to use - the result being that patients will actually do it more. We have found that the use of interdental picks (Softpic brand, or Doctors pic brand) is a game changer for those with periodontal disease issues.
8. We will normally see you more frequently (3-4 times per year) during the first 12-18 months following SRP. This is done so to insure a complete and positive response to treatment. If warranted, and if things improve, we may lengthen your recall interval or otherwise customize a cleaning schedule appropriate for your needs.
9. Our goal is to insure a resolution of the disease process and prevent any additional deterioration of the gum tissue and bone that support your teeth. Feel free to ask us questions at any time during your periodontal treatment, or call the office to speak with your hygienist!

