

Scaling and Root Planing (SRP)

What to expect after SRP?

After scaling and root planing is completed you may experience slight discomfort around the teeth for several days. You may also notice bleeding around your gums for the first few days. There can be sensitivity to hot and cold for up to six weeks duration. This is a normal course of healing. You should begin to notice a definite improvement in sensitivity within two weeks.

There are several things you can do to help reduce or prevent tooth sensitivity and aid in healing following scaling and root planing. These include:

1. Gentle and thorough plaque removal 2-3 times daily with toothbrush (manual or mechanical), dental floss and/or other health care instruments recommended by our team.
2. Rinsing with warm salt water (1/4 tsp salt, 8 oz glass warm water) and/or taking a mild analgesic of your choice will help control discomfort (Ibuprofen, Tylenol, Aleve)
3. Closys may be purchased to help reduce inflammation and bleeding. Rinse twice a day for 30 seconds after breakfast and before bed. Continue using the rinse until instructed to stop or until it is gone, whichever is first. This will help ensure you get the complete benefits of the medication.
4. Use of desensitizing products will help reduce sensitivity to hot, cold and sweets. (Prescription Fluoride toothpaste, like Fluoridex)