



THE CHICAGO DENTAL STUDIO

SRP AFTER CARE

Please follow these and any verbal instructions provided by your hygienist to assist in promoting healing and reducing discomfort after your scaling and root planning treatment.

ANESTHETIC

Your lips, teeth and tongue may be numb for several hours after the procedure. Please avoid chewing, or drinking anything hot until the numbness has completely worn off.

DISCOMFORT AND SENSITIVITY

Some discomfort and sensitivity is normal. Over the counter pain relievers such as Ibuprofen (Advil/Motrin) or Acetaminophen (Tylenol) may be taken. Sensitivity toothpaste like Sensodyne may help reduce tooth sensitivity.

BLEEDING

Some bleeding may occur for a couple days or up to a week following your procedure and should continue to decrease as tissue heals.

HYGIENE

A consistent home care routine should commence immediately. Brushing gently with a soft bristle toothbrush 2 times a day and flossing daily will ensure routine disruption of bacterial plaque and aid in healing. If a prescription mouth rinse was dispensed (Chlorhexidine, Peridex), begin use the same day as the procedure. This antimicrobial rinse should be used following teeth brushing 2 times a day, swish for 30 seconds, do not rinse out, eat or drink following rinse for 30 minutes. Use rinse for 1-2 weeks until the bottle is finished or otherwise instructed by your hygienist.

The Chicago Dental Studio

River North 312-267-1917 **West Loop** 312-414-0696 **Mayfair** 773-725-6086

Lincoln Park 312-668-0044 **Lakeview** 312-481-6544

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EATING

Avoid grainy, hard or sharp food (chips, nuts, granola, quinoa, popcorn, etc) for 24-48 hours following procedure to prevent debris becoming lodged in tissue pockets or trauma during the initial healing process. Spicy foods may also be avoided during this time as it can cause irritation to the healing tissue.

TOBACCO

Do not smoke for 24-48 hours following the procedure. Smoking may negatively influence the duration and success of healing.

PERIODONTAL MAINTENANCE VISITS

After active periodontal disease has been diagnosed and treated you will now be seen for periodontal maintenance visits every 3 months. 3-month intervals are **crucial** for monitoring and controlling your periodontal disease. These therapeutic visits allow us to more frequently disrupt the aggressive bacteria below the gumline, preventing re-colonization and infection. Prolonging maintenance visits beyond 3 months may result in re-infection and further deterioration in bone levels, tissue attachment and eventual DEATH.

Please do not hesitate to call us!

If you have questions, concerns, persistent discomfort, or swelling following your appointment please reach out any time.

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