



Glenn J. Kuemerle, D.D.S.

33398 Walker Road

Suite A

Avon Lake, Ohio 44012

440.933.4486 - P

440.930.4681 - F

kuemerleds@centurytel.net

## Instructions For Patients Following Root Planing

Today root planing and deep scaling procedures were performed in your mouth. Following are instructions for your comfort and care after this procedure.

1. Your gums may be tender for a day or two following this procedure. Aspirin, Tylenol or Advil should alleviate any discomfort. Warm salt-water rinses will help soothe the gums. (1-2 tsp salt in 8 oz. warm water)
2. If you received local anesthetic, it usually takes about four hours to totally wear off. Do not eat until the numbness is gone. You may accidentally bite your cheek or lip and cause injury.
3. Maintain proper oral hygiene. After brushing and flossing as you were instructed, use the proxy brush each and every time. Be sure to insert the proxy brush between the teeth from both the cheek side and the tongue side of the teeth. The proxy brush is your most important tool for curing your periodontal disease. You cannot overuse this important tool. If the tip should wear out, you can find replacement tips at your drug store.
4. Root planing and deep scaling requires several appointment, we will be re-evaluating your disease at each appointment. We will schedule regular monitoring appointments to assess the status of the disease in the future. Without proper maintenance, your periodontal disease will recur.
5. Antibiotic tablets and/or rinses are helpful in reducing the bacterial that cause periodontal disease. Please take these medications as prescribed.

If your periodontal disease advances surgery may be recommended. If you should encounter any problems during the course of treatment or after treatment, please call the office.