



Information & Instructions following Root Planing (or Deep Cleaning)

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Root planing is a procedure whereby the roots of the teeth are scaled (cleaned with instruments) deep within the pockets to remove deposits of tartar, plaque and any other rough irritants. The purpose of this procedure is to decrease the irritation to the gums caused by these deposits so that the tissues will be healthier. It can be done as the only treatment to decrease the pocket depth in minor cases, or as a maintenance procedure in very advanced cases, which cannot be done with surgery.

- **Following root planing you should rinse with warm salt water every 3 to 4 hours that day.** If you prefer to use a flavored mouthwash you may dilute it with warm water and rinse. This is beneficial for both healing, and mouth cleanliness. In some cases this may have to be continued for 3-5 days. Most patients, however, can stop after the first day.
- Brush very thoroughly and consistently (approximately three times daily) with special emphasis on the area of the tooth next to the gum line. If you have been using floss or water pik, etc., continue to do so. We have given you a soft brush to be used for 5 days. However, if you like it better, you can continue to use it rather than the medium bristle brush.
- You may notice some clotting in between the teeth immediately following the procedure. Do not be concerned about this and do not attempt to wipe the clots away. Just rinse (as previously explained) and brush normally. You will continue to have slight bleeding when you brush and floss for approximately 2 weeks.
- You may also notice that the gums will bleed slightly for a couple of days or so when you brush or floss. This is not abnormal—do not let this alarm you. There may be some discomfort following root planing. Take whatever medication (aspirin, etc.) you normally take for headaches.
- Sensitivity to hot and cold is also normal. It will usually last for about 2 weeks.
- You may have to brush more on the tooth surface than the gum tissue for the first 3 to 5 days. However, you should be able to resume the entire hygiene program after this period of time has elapsed.

Feel free to call us any time; we want you to be as comfortable as possible throughout your care (334) 277-2100 (office).