

**Towson Dental Care**  
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**Patient Information Sheet for Scaling and Root Planning**

Scaling and root planning are the most universally accepted non-surgical therapeutic measure of periodontal disease. The goal of this therapy is to remove soft deposits (bacterial plaque), hard deposits (calculus), and roughened diseased tooth structure, thereby enabling the patient to maintain a clean, disease free environment.

**What To Expect:**

- In some cases, a local anesthetic or Oraquixs (numbing liquid for gums) will be used to minimize discomfort. The local anesthesia or Oraquixs will wear off in a few hours. Care should be taken not to accidentally bite your lip, tongue, or cheek.
- Essentially the same instruments are utilized in scaling and root planning as are used during a prophylaxis (regular cleaning), technically this procedure is more accurate, and takes greater time, skill, and effort by the hygienist or doctor.
- In most cases, four appointments are required to obtain the desired results. The first appointment entails an exam with the doctor, x-rays (to check for cavities, bone level and root structure) and periodontal charting (measurement of the gums). The second to fourth appointment entails home care instructions, and the start of treatment. Usually two quadrants (1/2 of the mouth) are done per appointment. If the hygienist needs more time, only one quadrant (1/4 of the mouth) will be completed per appointment. In 6 weeks after the full mouth is completed, you will need to come back for a follow up appointment. This is to check to make sure the gums are healing. We will clean any build up that has built back up, polish your teeth and measure your gums to ensure the gum tissue is healing.
- Post treatment discomfort is usually mild. You may experience soreness of the gums or tooth sensitivity following treatment.

**Recommendations:**

- If your gums are sore, rinse with warm saltwater twice daily (once in the morning and once at night) for the next 5 days. Take 1 teaspoon of salt to an 8oz. glass of warm water. Also, you can take Advil, Ibuprofen, or Motrin for any swelling of the gums as long as you have no allergies to these medications. For any tooth sensitivity use sensitive toothpaste such as Sensodyne, Crest or Colgate Sensitivity. We can also prescribe a fluoride toothpaste (Clinpro), fluoride varnish or mouth rinse (Perio Med) to help with any sensitivity and gum healing.
- Excellent oral hygiene is **mandatory** in the management of periodontal disease. Please maintain an optimal level of oral hygiene to prevent further periodontal deterioration. The success of treatment depends on the control of bacterial plaque by the patient. We recommend the Braun Oral B or Sonicare (electric toothbrush not a battery toothbrush), flossing and proxabrush dipped into Listerine every 2 teeth (device designed to clean in between your teeth), tongue scraper, and Listerine rinse at least two times daily.
- Following therapy, a specific schedule of a 6-week re-evaluation and 3-month maintenance visits will be recommended or further therapy. Please follow this schedule diligently.

Please feel free to call our office if you have any questions.