

Periodontal Root Planing and Scaling

- 1. Root planing and scaling removes calculus (tartar) and toxins from the root, leaving a smooth surface. This enables reattachment of the tissue to the root surface.
- 2. Because root planing and scaling is a deep cleaning, you may experience tenderness, swelling and tooth sensitivity for a few days following the procedure.
- 3. You may use any over the counter anti-inflammatory medicine. Drink warmer liquids for the next few days. You may also use salt-water rinses.
- 4. You may also notice the gums (gingiva) shrinking, exposing more of the tooth. This is quite normal and is to be expected. The gingiva is getting healthier and the inflammation (swelling) is decreasing.
- 5. If you think you are experiencing any abnormal pain or swelling do not hesitate to call the office.
- 6. Most important keep brushing and flossing that area.

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