

# Post-Treatment Instructions

## SRP

(Scaling and Root Planing / Deep Cleaning)

- Depending on the anesthetic used, patients will typically be numb for a few hours.
- Scaling and root planing is a nonsurgical approach to periodontal therapy.
- It is common to experience soreness in the gums and jaws after the procedure.
- Use OTC pain medication as necessary.
- Resume home care with brushing and flossing as indicated by your dentist.
- It is fairly common to experience cold sensitivity after the procedure.
- It is common for the teeth to feel “looser” initially. As the gums heal, they may “tighten” up again.
- It is important to follow up with your dentist as recommended for maintenance visits.
- After you are no longer numb, you can eat as normal. While you are numb you may bite your lip, tongue or cheek without knowing. Also, be careful with hot liquid or food as you may burn yourself without knowing.