



Springfield • Rolla • Osage Beach • Mountain Grove

---

## Scaling and Root Planing Post Op Info

Today you had a procedure called **S**caling & **R**oot **P**laning (SRP). The procedure was performed because you have periodontal disease. Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease. Periodontal disease is never cured, however, by following the hygienist's recommendations, you can prevent it from getting any worse.

### Following the procedure:

- You will remain numb for 3-4 hours. Please be aware of your tongue and lips. Do not bite them. Please do not eat or drink anything that is excessively hot. You could potentially burn your mouth.
- Some bleeding and oozing may continue. It is normal and should subside.
- Please take Ibuprofen or Tylenol for discomfort.
- Avoid eating anything hard or crunchy for today.
- Rinse with **Listerine** or **Clorhexidine** (RDH please circle) 2 times a day.
- Begin brushing and flossing as the hygienist advised immediately. Be gentle for the next 24-48 hours, but still thorough.
- You need to return in 4 weeks for reevaluation, and for the dentist to complete your exam. Your Post op appointment is scheduled:

\_\_\_\_\_.

The SRP procedure requires proper post-operative home care and **regular visits to the hygienist** to maintain. **It is recommended you have a cleaning every \_\_\_\_\_ months.** Please be advised: Bone loss, loose teeth, tooth loss, and/or repeated SRP may result if you do not follow these recommendations.

Due to having periodontal disease, **you will always require a different type of routine cleaning called Periodontal Maintenance.** Your insurance may or may not provide the same level of coverage for these cleanings, and you will likely have a co-pay and or a deductible due at your Perio Maintenance appointment. Please stop at the front desk if you have any billing or insurance questions.