SANDQUIST DENTISTRY
LAS VEGAS SINCE 1968

702-734-0776
lasvegasdentistry.com

After Your Deep Cleaning

Scaling and root planing (SRP): what's normal over the next few days, what helps, and when to call us.

The short version. Your gums will probably ache for the rest of today and feel close to normal by tomorrow. A little bleeding and some sensitivity to cold are common. Keep cleaning your teeth gently, starting tonight. We'll check how your gums healed at your three-month visit.

Today

- **Wait for the numbness to wear off** before eating or having hot drinks, so you don't bite your cheek or burn your mouth.
- **Expect an ache** once it wears off. In one study, soreness peaked about three hours after treatment and was back to normal by the next morning. Most people didn't need a pain reliever.
- **If you want one,** take what you normally use for a headache, following the label.
- **A little bleeding** for the first day or so is normal.

What helps

- **Warm salt water rinses** help the gums settle: about half a teaspoon of salt in a cup of warm water, swished gently a few times a day.
- **Keep brushing and cleaning between your teeth,** gently, starting tonight. Gums heal better clean, even if they bleed a little at first.

Over the next few weeks

- **Cold sensitivity.** About half of people notice it. It usually fades within a few weeks.
- **Your gums will change shape.** As the swelling goes down, teeth can look a little longer and small spaces can show near the gum line. That's healing, and it's how the pockets get shallower. If a space bothers you once things settle, tell us.

If we placed Arestin

Arestin is a slow-release antibiotic we sometimes place in a pocket that's slow to respond. If you had it:

- Avoid hard, crunchy or sticky foods (such as carrots, taffy or gum) on those teeth for **1 week**.
- Don't use floss, picks or other between-teeth cleaners around those teeth for **10 days**.
- Try not to touch the treated areas.

What comes next

- **Three months from now,** we re-measure your gums. Most deep pockets close to a healthy depth.
- **If several stay deep,** or nothing has improved, we refer you to a periodontist, a gum specialist with more tools for deep spots.
- **Then every three months, for good.** A deep cleaning controls gum disease; it doesn't cure it. In one study, people who kept their maintenance visits lost about one tooth every eight years, and people who came irregularly lost about one every three.

Your three-month visit: _____

Call us if you notice: bleeding that doesn't stop with firm pressure, swelling in your face or gums, a fever, or pain that's getting worse after the first couple of days instead of better.

Questions? Call 702-734-0776

2650 Lake Sahara Dr., #160, Las Vegas, NV 89117 · Mon & Tue 7-12, 1-5 · Wed 7-12, 1-3 · Thu 7-12, 1-4

Arestin instructions from its FDA label. The full article, with the research behind these numbers, is at lasvegasdentistry.com/articles/deep-cleaning/. General information, not a substitute for your exam.

Read the full article