

## **POST OPERATIVE CARE FOR SCALING AND ROOT PLANING (SRP)**

After scaling and root planning has been performed the gums may be tender to touch. If aching occurs it is recommended to avoid aspirin products, as we are trying to promote blood clotting rather than blood thinning. Warm saltwater rinses can be used to help any sensitivity in the gums after treatment. Prepare a 8oz glass of warm water with 1 teaspoon of salt. You may notice blood clotting around the gum line a few hours after treatment.

### **PERIDEX** (Anti-Microbial Rinse)

This rinse is intended to decrease bacteria that cause periodontal disease. Not intended for long term use and may cause staining.

**Instructions for use:** Swish with a ¼ cap of Peridex or brush on gums with toothbrush for 30 seconds.

DO NOT rinse with water, eat or drink for 30 minutes after using product. This product should be used over a 2-16 day period

### **ARESTIN** (Antibiotic)

This product is intended to help reduce “bad” bacteria that cause gum disease and help battle sites of infection. This product is a Minocycline (family of tetracycline) and should not be used during pregnancy or if you have an allergy to tetracycline. This product has a 14-day time release that attaches itself to the root of the tooth. When using this product, avoid water picks, toothpicks, and flossing for 3 days after placement of Arestin.

## **TOOTHPASTE**

Since there are so many toothpastes to choose from, here are a few suggestions;

**Sensitive toothpastes** (Sensodyne, Crest Sensitive, Colgate Sensitive) contain potassium nitrate, which is a product that may help reduce sensitivity caused by root exposure.

**Whitening toothpaste** do not whiten your teeth over night. Most whitening toothpaste contains a higher content of abrasiveness to the paste, which in turn removes stain better than a regular toothpaste. This is where the “whitening” effect comes from, the removal of stain. However, these products can also cause hypersensitivity to teeth due to the abrasiveness of the product.

## **LISTERINE**

This product should be used in conjunction with brushing teeth and flossing. Do not dilute product.

Best results if used daily. This product DOES NOT replace flossing. Do not use this product if you have sensitivities to alcohol.

### **FLUORIDEX** (Prescription Strength Fluoride Toothpaste)

This product is intended to help decrease sensitivity and/or prevent decay. This product is in gel form and will not foam up like normal toothpaste.

**Instructions for use:** Use a pea size amount of fluoridex on wet toothbrush, brush teeth for two minutes. DO NOT rinse with water, eat or drink for 30 minutes after using this product. Do not ingest product. Fluoridex has a shelf life of 1½ years; so watch the expiration date on the product, which is located on the fluoridex box.

## **BRUSHING TEETH**

The best method of brushing your teeth is called the Bass Technique. This technique is performed by placing the bristles at a 45-degree angle towards the gum line (upward for upper arch and downward for lower arch), brushing 2 to 3 teeth at a time in one arch with tiny circular motions. This will help reduce the amount of aggression most people use while brushing. It is also recommended to use a soft bristled or extra-soft bristled toothbrush, as a medium toothbrush is too aggressive to the gums and can cause recession and sensitivity over long-term use.

## **FLOSSING**

Floss should be used daily to help maintain healthy gums. Floss should always follow the tooth structure as if you are shoe shining the tooth. Always get the floss deep enough in the gums as if it were to disappear but should not be uncomfortable. If flossing on a regular basis there should be no bleeding however, if you floss inconsistently then there may be bleeding along with tender gums. If the area is inflamed, discomfort and bleeding may result for approximately 3 days. This will subside once you start flossing regularly and properly.