

## Scaling and Root Planning Therapy and Arestin Treatment

Periodontal disease (also known as gum disease) is an infection of the gum and bone that holds your teeth in place. Your hygienist will do scaling and root planning therapy which is a that involves removing bacterial plaque, toxins and tartar from the root surface below the gumline where you are not able to reach (i.e., pocket) with instruments and ultrasonic devices. The goal of this treatment is to allow reattachment of the gums to the clean root surface and to shrink the periodontal pockets to levels that can be maintained by daily flossing and brushing. The following guidelines have been prepared for you in order to maximize healing and minimize any discomfort.

Refrain from eating for at least 2 hours and until the anesthesia has worn off.

Things to Avoid for the first 24 hours:

- Do not smoke. It's better to refrain for 48 hours.
- Drinking alcoholic beverages will retard the healing process.
- Avoid using any strong mouthwashes that contain alcohol.

Things to Do:

- You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as ibuprofen (Advil) or acetaminophen (Tylenol).
- Eat a well balanced soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Rinse with a warm salt water rinse, a 1 teaspoon in an 8 oz. glass of water, 3 times a day.
- Brush your teeth very lightly in the treated area the first night. Then begin flossing lightly as well the next day, gradually increasing to normal force by the week's end.
- After flossing and brushing, rinse with chlorhexidine gluconate (Peridex), if it was prescribed, for at least 60 seconds. Do this at least twice daily.

Arestin:

Arestin, an antibiotic, may be placed by your hygienist to promote healing in each of the deep pockets. If Arestin is placed avoid touching the treated areas. Wait 12 hours after your treatment before brushing your teeth and 7 days before you floss, toothpick or use other devices designed to clean between your teeth.

Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health. Gum Disease can persist and needs to be checked regularly by your hygienist and your dentist.