



Gum Infection Therapy.

(Scaling & Root Planing / Deep Cleaning) Post-Operative Instructions

If you need assistance during non-business hours, please text us at (469) 907-5250. This is the same number used for appointment confirmations. Messages are checked periodically after hours.

What is Gum Infection Therapy?

Gum Infection Therapy, also known as Scaling & Root Planing (Deep Cleaning), is a treatment used to remove bacteria, plaque, and tartar from below the gumline to help treat gum infection and periodontal disease.

The goal of treatment is to:

- **Reduce inflammation and bleeding**
- **Help gums heal**
- **Prevent bone loss**
- **Improve gum health**
- **Help prevent tooth loss**

What Should I Expect After Treatment?

It is normal to experience:

- **Mild soreness or tenderness**
- **Gum sensitivity**
- **Minor bleeding or pink saliva**
- **Sensitivity to cold foods or drinks**
- **Mild swelling or tenderness while brushing**

These symptoms usually improve within a few days.

⚠️ Your gums may appear slightly “lower” after healing. This is normal and happens because swollen, infected tissue has reduced.

Managing Discomfort

Recommended Medications

Unless otherwise directed:

- **Ibuprofen (Advil/Motrin): 400–600mg every 6 hours as needed**
OR
- **Tylenol (Acetaminophen): 500–650mg every 6 hours as needed**

⚠️ Always take medications with food when possible.

Warm Saltwater Rinses

Warm saltwater rinses can help soothe your gums and promote healing.

Instructions:

- **Mix 1 teaspoon of salt into 1 cup of warm water**
- **Rinse gently for 30 seconds**
- **Repeat 3–4 times daily**

Do not rinse aggressively.

Bleeding

Minor bleeding or pink saliva is normal for 24–48 hours after treatment, especially if your gums were heavily inflamed before treatment.

Please contact our office if:

- **Bleeding becomes excessive**
- **Bleeding continues beyond several days**

Tooth Sensitivity

Your teeth may temporarily feel more sensitive after treatment because bacteria and buildup have been removed from the root surfaces.

To Reduce Sensitivity:

- **Use sensitivity toothpaste (such as Sensodyne®)**
- **Avoid extremely cold foods and drinks**

- **Avoid whitening products temporarily**

Sensitivity usually improves over time as your gums heal.

Eating & Drinking

For the first 24 hours, avoid:

- **Very hot foods or beverages**
- **Spicy foods**
- **Crunchy or hard foods**
- **Alcohol**

Recommended Foods:

- **Yogurt**
- **Eggs**
- **Pasta**
- **Mashed potatoes**
- **Soup (lukewarm)**
- **Soft foods**

Oral Hygiene Instructions

⚠ Keeping the area clean is extremely important for healing.

Please continue:

- **Brushing twice daily**
- **Flossing daily**
- **Cleaning gently along the gumline**

Even if your gums feel tender, proper home care is essential to prevent the infection from returning.

Prescription Mouth Rinse (If Prescribed)

You may have been prescribed Chlorhexidine (Peridex®) mouth rinse.

Important:

- **Use exactly as directed**
- **Avoid eating or drinking for 30 minutes after use**
- **Do not rinse with water afterward**

⚠ Temporary staining of teeth or altered taste may occur with prolonged use.

Smoking & Healing

Smoking and vaping slow gum healing and increase the risk of ongoing gum disease.

⚠️ Avoid smoking as much as possible during healing.

Periodontal Maintenance is Important

Gum disease is a chronic condition that requires ongoing maintenance.

Most patients benefit from:

- **Periodontal maintenance cleanings every 3–4 months**
- **Regular dental visits**
- **Excellent home care**

Without maintenance, gum infection can return.

When to Contact Our Office

Please call or text us if you experience:

- **Severe pain**
- **Significant swelling**
- **Fever over 101°F**
- **Heavy bleeding**
- **Pus or foul taste**
- **Symptoms worsening instead of improving**

After-Hours Assistance

📞 Call or Text: **(469) 907-5250**

We are here to help ensure your gums heal comfortably and successfully.