

Dental Practice of
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Capitol
PERIODONTAL
G R O U P
Periodontics & Implant Dentistry
Established 1974

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Root Planing

- The planing process will include the removal of calcified bacteria and toxins from the root surface of the teeth. This will produce a smooth, hard and clean surface that is free of disease and will allow the gum tissue to heal.

Discomfort

- Minor possibility of discomfort is common but should only last a few hours but not longer than two to three days. The comfort level will depend on your personal resistance and severity of the disease, as well as the proficiency of your personal oral hygiene methods.
- You may take Tylenol, Advil or Ibuprofen (Motrin) if not allergic.

Care of your mouth

- Salt Water Rinses may be done but only after the first 24 hours. Use 1tsp of salt for a cup of warm water. **ATTENTION: Patients with high blood pressure should avoid the salt using only warm water.**
- Sometimes foods that are spicy or hot, hard or sticky like chips, popcorn, candies, and raisins can cause irritation to a tooth. In addition to this, if you experience discomfort to a normal diet then soft food is recommended until the area becomes comfortable.
- You may experience root sensitivities to touch or hot and cold temperatures as well as sweets. Careful brushing and meticulous care is the best way for quick recovery. Sensodyne toothpaste may be used to relieve the sensitivity.
- Please follow all oral hygiene instructions that were given to you by your dental hygienist.

Bleeding or Swelling

- Persistent bleeding is very rare, however if this occurs, apply pressure with a damp gauze or a moistened tea bag to the area for 10 minutes. If excessive or continuous bleeding continues, discontinue any rinsing or exertion and contact the office.
- If you find that there is persistent bleeding or excessive swelling please contact the office. A doctor is always on call to help you. Follow any instructions you are prompted to make when calling.

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