

RYAN J. LANMAN, DDS, MSD
3621 N.W. 63RD STREET
OKLAHOMA CITY, OKLAHOMA 73116

INSTRUCTIONS FOLLOWING DEEP SCALING & ROOT PLANING PROCEDURES

1. *Expect* that there will be at least a small amount of bleeding after treatment. "Pink saliva" or a taste of blood in the mouth is fairly common during the first day.
2. When the anesthetic (numbness) wears off, there will normally be at least some minor aching. Take 600-800mg ibuprofen before the anesthetic wears off and repeat every 4 to 6 hours as needed during the first 24 hours.
3. If any stitches have been used, they will be the "dissolving type" and they only need to remain in place for the first 10-12 hours. After this time, if they come out, it is not a problem.
4. If Periogard has been prescribed, use it twice daily to help prevent plaque build-up while your gums are tender.
5. After 6-10 days healing some sensitivity of the teeth to cold may start to appear, as the swollen gums begin to heal and shrink.
6. Remember that you must be able to feel the toothbrush against the gums and the Perio-aid in the gum crevice to remove the plaque bacteria effectively.
7. Monitor the response of the gums to homecare techniques. Self diagnosis is the key to getting the gums healthy and keeping them in good health in the future. Watch the color and also watch for bleeding, especially when using the perio-aid. Be alert to tenderness after the first 10 days.
8. We expect you to call us if you experience any problems or have questions.
Office: (405)840-2834 Dr. Lanman: (405)312-7066