

## Instructions following deep cleaning or periodontal therapy (scaling and root planing)

- Scaling and root planing are nonsurgical approaches to periodontal therapy.
- Depending on the anesthetic used, patients will typically be numb for a few hours.
- It is common to experience soreness in the gums and jaws after the procedure.
- Resume home care with brushing and flossing as indicated by your dental team.
- It is common to experience cold sensitivity after the procedure.
- It is common for the teeth to feel “looser” initially. As your gums heal, they should “tighten up” again.
- It is important to follow up with us as recommended for maintenance visits.

