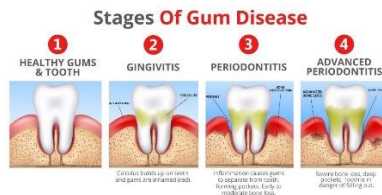


SCALING AND ROOT PLANING INFORMATION

(DEEP CLEANING)

DENTAL WORK IS SURGERY! REMOVING TARTAR OR CALCULUS BUILD UP AND ADMINISTERING ANESTHETIC CAN CAUSE IRRITATION TO THE TEETH AND TISSUE. MOST PATIENTS EXPERIENCE SOME TENDERNESS OR EVEN TEMPERATURE SENSITIVITY FOR A FEW DAYS AFTER TREATMENT.



THINGS TO REMEMBER

- 1) BE CAREFUL WITH NUMBNESS AND AVOID EATING UNTIL FEELING RETURNS.
- 2) TAKE IBUPROFEN (ADVIL, MOTRIN) TO HELP REDUCE INFLAMMATION FOR AT 2-3 DAYS AFTER TREATMENT. IBUPROFEN IS BETTER THAN ACETAMINOPHEN (TYLENOL) FOR THIS PURPOSE. IT IS BEST TO TAKE AS SOON AS POSSIBLE AFTER TREATMENT IS COMPLETED TO GET AHEAD OF THE POTENTIAL TENDERNESS.
- 3) EAT SOFTER, MILD TEMPERATURE FOODS.
- 4) ONCE A DEEP CLEANING IS PERFORMED, IT IS NECESSARY TO CONTINUE WITH REGULAR CLEANINGS AS ADVISED. OFTEN TIMES, THIS CAN BE EVERY 3-4 MONTHS TO MAINTAIN GUM HEALTH AND REDUCE CHANCES OF BONE LOSS.
- 5) PERIODONTAL DISEASE MAY NOT BE PAINFUL, BUT IT CAN LEAD TO THE LOSS OF BONE SUPPORT AND THE EVENTUAL LOSS OF TEETH IF NOT MONITORED CLOSELY AND PROPER ORAL HYGIENE PERFORMED DAILY.
- 6) PERIODONTAL DISEASE HAS A CLOSE RELATIONSHIP WITH SMOKING. STUDIES HAVE ALSO SHOWN LINKS BETWEEN THE BACTERIAL INFLAMMATION CAUSED BY PERIODONTAL DISEASE AND DIABETES, HEART DISEASE, CANCER, ALZHEIMER'S, AND RESPIRATORY DISEASES.

THE BEST WAY TO PREVENT DENTAL DISEASE IS BY DAILY BRUSHING AND FLOSSING, A HEALTHY DIET, REGULAR DENTAL CLEANINGS AND FLUORIDE!!!

CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

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