

Scaling and Root Planing (Deep Cleaning)

Twin Cities Dental is happy to have you in for your Scaling and Root Planing (deep cleaning). Deeping cleaning is needed when gums have either started to pull away from your teeth and roots or you have tarder deposits under the gum line. This type of cleaning generally needs to be diagnosed by your Hygienist and Dentist. Most people will not know if they need this until consulting with their Dentist. To diagnose a deep cleaning your hygienist and dentist will perform all of the following: take x-rays (Ultra Oral digital pics), measure your gums, ask about your concerns and pain and discuss tarder levels/ gum levels and current cleaning techniques.

What should I expect during my appointment?

Scaling and Root Planing (SRP) at Twin Cities Dental is typically done over the course of two separate 1.5 hour appointment; one side of the mouth each time. During a typical appointment you can expect to experience all of the following steps:

- ☐ Take blood pressure
- ☐ Numbing of the side that's being worked on
- ☐ Gentle Ultra Sonic water instrument and hand instruments used by your Hygienist to clean deep underneath and on top of gum lines.
- ☐ Additional conversations regarding and of your questions or concerns

How should I expect and how to take care after the appointment?

- ☐ Whenever anesthesia is used, avoid chewing with your teeth until numbness has worn off.
- ☐ It is typical to feel slight tenderness and soreness in your mouth after the appointment. If you're experiencing this discomfort it is recommended to:
 - Take general, over-the-counter pain relievers as needed.
 - Periodically rinse mouth out with warm salt water to minimize inflammation of gum tissue.
- ☐ Continue to brush and floss, as this will aid in your recovery and prevent further infections.
- ☐ Make a follow up appointment to see us again in 3 months.

It is very important to continue with regular, routine cleanings and exams. If the proper care is taken outside of the clinic you should be able to go back to regular 6 month cleaning appointments.