



I just had Scaling.....now what?

Congratulations on your commitment to good Oral Health! Today you were seen to have periodontal scalings or deep cleanings to help control the spread of periodontal (gum) disease. Your mouth was numbed with local anesthesia and may remain that way for several more hours. Please take care to not eat anything until this feeling has completely gone away completely.

You may experience some soreness around the areas that were scaled for several days due to the work that was done. The teeth may become sensitive to hot and cold as a result of the gums shrinking back to a healthy state. You may try a toothpaste specific for sensitive teeth like Sensodyne. This may be temporary or may linger; please let us know if you experience any sensitivity since there are many different ways that we can address this issue. If you had Arestin placed please follow the specific instructions that the doctor or hygienist have given you.

You may return to normal oral hygiene (brushing and flossing) as instructed by the hygienist. You may notice some bleeding around the gums and soreness which should diminish over the next week. You should be scheduled to return in our office for a follow-up visit to reevaluate how effective the scalings were for your gums. Please make sure that you return for this visit and bring any questions or concerns you may have regarding your care.

Thank you again for the confidence you have shown in our office by allowing us to provide you with your dental care.

We hope to keep you smiling,

Drs. Rosen, Kurman & Staff

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