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Non-Surgical Periodontal Therapy (Scaling and Root Planing, SRP) Aftercare Instructions

Now that your SRP treatment is complete, following these aftercare instructions will help promote healing, reduce discomfort, and prevent complications. Most patients experience few side effects and little postoperative discomfort, however the most frequent complaints are addressed below, can be normal, and should resolve within the next few days.

Here are some helpful reminders:

- **What to Expect Post-Treatment**
 - Sensitivity: You may experience sensitivity to hot, cold, or sweets. This should improve over the next few days but may last up to a week.
 - Discomfort or Soreness: It is normal to feel some tenderness or soreness in the gums, this usually lasts 24-72 hours.
 - Bleeding: Slight ongoing bleeding can be normal for the first 24 hours. Patients who have clotting disorders or are taking blood thinners may have light bleeding that lasts longer but should subside within the next 24-48 hours.
 - Swelling: Minor gum swelling may occur and can be controlled with ibuprofen or tylenol and salt water rinses.
 - Bleeding and discomfort with homecare: Bleeding and tenderness with brushing and flossing can be normal and ongoing until the gum infection and inflammation associated with periodontal disease are under control. Continue to brush, floss, use mouth rinse, and waterpik per your dental professional's instructions and the bleeding and/or tenderness should subside over the next few days.
- **Managing Discomfort & Inflammation:**
 - Take over-the-counter pain relievers such as ibuprofen or acetaminophen as directed, if needed. Avoid aspirin and other over the counter drugs that can thin the blood, continue to take prescriptions (including aspirin if prescribed/recommended by doctor for certain conditions) as directed .
 - Swish with warm salt water if the gums are swollen or tender, this can help reduce inflammation.
- **Oral Hygiene**

- Continue regular homecare as instructed by your dentist or hygienist and always use a soft or extra soft toothbrush.
- Brushing at least 2x daily, flossing at least 1x daily, and using an anti-gingivitis mouth rinse per the directions are always recommended.
- Using an electric toothbrush and water flosser are great options to ensure thorough cleaning of the teeth and the gums, these tools can help create good long term habits and accountability.
- If Arestin antibiotic was placed, avoid water flosser use for 10 days. Continue using string floss immediately after the procedure and promptly resume use of your water flosser when 10 days have passed.
- **Dietary Guidelines**
 - If anesthetic was used during your procedure, avoid eating or drinking anything more than water until the anesthetic has worn off completely. Topical anesthetic can be expected to wear off within 30-90 minutes of the procedure. Local anesthetic can be expected to wear off 90 minutes- 3 hours after the appointment. Everyone is different, anesthetic may last longer for some but should not last into the next day.
 - Avoid alcohol for the next 24-72 hours as it thins the blood and may delay healing.
 - Avoid tobacco use and vaping and consider cessation as this will delay healing and worsen the long term prognosis of your periodontal disease.
 - If tenderness, discomfort, or bleeding is present, avoid hard, crunchy, or spicy foods until it subsides.
- **Call our office if you experience any of the following:**
 - Persistent bleeding beyond 48 hours
 - Numbness persisting more than 24 hours if local anesthetic was used
 - Severe pain unrelieved by medication after 24 hours
 - Swelling that worsens or continues after 3 days
 - Fever or signs of infection (pus or abscess formation)
- **Follow-Up**
 - It's essential to maintain follow-up visits to monitor healing and progress. You'll need to return for a follow-up evaluation in 4-6 weeks and complete regular periodontal maintenance appointments every 3 or 4 months.

Thank you for trusting Eastside Dental with your care and we look forward to our continued partnership in achieving your oral health goals! We're here to support you through every step of your dental journey, if you have any concerns or questions please don't hesitate to call our office at 414-276-4455.