

Deep Cleaning (Scaling & Root Planing) Aftercare

Scaling and root planing removes plaque, tartar, and bacterial deposits from below the gumline. Your gums may feel tender while inflammation begins to settle.

TENDER GUMS	SENSITIVITY	MAINTENANCE MATTERS
Mild soreness or slight bleeding can occur.	Teeth may feel more sensitive temporarily.	Home care protects your results.

What You May Notice

- Mild gum tenderness for a few days.
- Slight bleeding with the next several brushings; it should steadily decrease.
- Temporary sensitivity to cold, heat, or sweets.
- As swollen gums become healthier, the teeth may look slightly longer or spaces may appear more noticeable.

Home Care

- Continue gentle but thorough brushing and cleaning between your teeth as instructed.
- Use a soft-bristled toothbrush and do not stop cleaning the area simply because it is tender.
- If your dentist prescribed a rinse, antibiotic, or other medication, use it exactly as directed.
- Avoid tobacco, which can interfere with periodontal health and healing.



1545 Saint Marks Plaza, Suite 1,
Stockton, CA 95207



(209) 957-1244



www.dignitydentalpractice.com

Protecting Your Gum Health After Deep Cleaning

Eating & Comfort

- Wait until numbness has worn off before chewing.
- Choose foods that feel comfortable if the gums are sore; avoid temperatures that trigger sensitivity until it settles.
- If an over-the-counter pain reliever is appropriate for you, use only as directed by the label and your healthcare provider.

Why Follow-Up Is Important

- Scaling and root planing controls bacteria beneath the gums, but gum disease requires ongoing home care and professional maintenance.
- Your dental team will recommend the periodontal maintenance interval that fits your risk and response to treatment.

Call Dignity Dental Practice If

- Bleeding does not stop or is becoming heavier.
- Pain is severe, worsening, or not improving.
- You develop severe swelling, fever, or another concerning symptom.

Good healing depends on plaque control. The goal is not only to complete the deep cleaning - it is to maintain healthier gums afterward.

Questions or concerns?
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