



*Dr. Gregory M. Neu, D.D.S.*  
*Dr. Donald A. Froehlke, D.D.S.*

Post-Op Instructions  
Following your scaling and root planing procedure

1. Bleeding- Bleeding is a sign of gum disease; therefore, your gums may continue to bleed following therapy. With proper self-care, the bleeding should reside within 7-10 days.
2. Recession- During the healing process there may be shrinkage of the gums, known as recession. This may cause you teeth to appear "longer" and expose the root.
3. Sensitivity- Sometimes patients experience sensitivity after therapy and this is due to the exposure of the roots, known as dentinal hypersensitivity. Sensitive formula toothpaste or an over-the-counter fluoride regimen may help relieve the sensitivity. If sensitivity is still present at your 6-week re-evaluation appointment, please advise your hygienist, Angela, Bonnie or Melissa.
4. Anesthetic- If you received anesthetic during your treatment today, your gums, tongue and cheeks may be numb for several hours. Use caution when eating and speaking so that you do not bite your cheeks or tongue. Doing so, may result in swelling or bruising.
5. Sore Gums- Your treatment required removal of deposits from below your gumline, therefore you may experience some tenderness in your gums. Rinsing with warm water or taking over-the-counter pain relievers may help. If the pain does not subside within 2-3 days please contact the office.
6. Self Care- It is very important for you to follow the self care instruction provided to you by your hygienist, Angela, Bonnie or Melissa. Proper use of your electronic toothbrush will aid in proper healing.
7. Diet- Please refrain from consuming any spicy or acidic meals for a few days following treatment. Spicy and acidic food may irritate your sensitive gums. Avoid popcorn until your 6-week re-evaluation appointment.

Please contact our office regarding any questions or concerns.

Your Hygienists: Angela, Bonnie and Melissa ☺

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