



Post-op Instructions for Root-Planing and Curettage

Curettage with laser is the process of cleansing the diseased tissue from the inside of the gum next to the tooth inside the periodontal (gum) pocket. Root planing is the process of removing the calcified toxic material from the root surfaces inside the pocket.

1. The success of your treatment solely depends on the level of your commitment to your home-care regimen.
2. Do not chew until the effect of the anesthesia has worn off.
3. Do not eat harsh foods such as French bread while you go through the healing process.
4. Do not eat potato chips, popcorn, or peanuts for three weeks. The hulls from these can become lodged in your gums and create problems.
5. Resume your home care (oral hygiene) program immediately after the procedure. Brush and floss gently for two days. As your gums heal, gradually return to normal brushing and flossing. You may experience bleeding at this time, which is not important and should stop in a few days. If bleeding continues after two weeks, please call our office to evaluate the source of the problem.
6. Rinse with the anti-bacterial mouthwash provided, or if you don't have high blood pressure, rinse your mouth with warm salt water, made with a teaspoon of salt in an 8 ounce glass of warm water, 3 to 4 times a day for one week. If you do have high blood pressure, rinse only with 3% Hydrogen Peroxide and warm water.
7. If your teeth are sensitive to cold and sweets, brush your teeth with Sensodyne or another brand of over the counter desensitizing toothpaste, while using warm water rinses several times a day.
8. Please do not hesitate to call our office if you have any questions regarding your treatment, at 408-377-5134.