Bella Family Dental
(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Deep cleaning (scaling and root planing) and periodontal maintenance

Covers: Scaling and root planing (deep cleaning) and periodontal maintenance visits.

Before your visit

- You may eat a light meal before your appointment. It helps, since you may not want to eat while numb.
- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you have diabetes, eat and take your diabetes medicine as usual, and bring a snack.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Numbness

- Numbness usually wears off within a few hours. Until it does, avoid chewing and hot drinks so you don't bite your cheek, lip or tongue or burn yourself.

What's normal

- Gums may be sore or tender for a few days.
- Slight bleeding when you brush for a day or two.
- Teeth may be sensitive to hot and cold for a few weeks. A sensitivity toothpaste can help.
- As your gums heal and swelling goes down, the spaces between your teeth may look a little larger. This is common.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Rinse gently with warm salt water (about ½ teaspoon of salt in a cup of warm water) a few times a day, starting the day after treatment unless told otherwise.

Eating

- Choose soft foods the first day. Avoid very hot, spicy, hard or crunchy foods until your gums feel better.

Cleaning your mouth

- Brush gently with a soft brush the same day. Start flossing gently again the next day.
- If you were given a mouth rinse, use it exactly as directed.
- Avoid smoking and vaping while you heal. Tobacco slows healing.

Follow-up

- Keep your re-evaluation visit. After a deep cleaning, most patients move to periodontal maintenance visits every 3 months, as your dentist recommends.

When to call us

Call us at (972) 290-0903 if you have:

- Bleeding that does not slow down
- Swelling, fever or pain that gets worse after the second or third day
- Sensitivity that keeps getting worse

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.