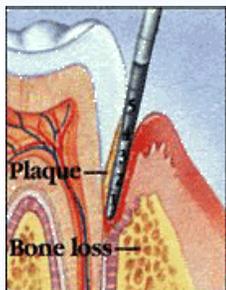


# Root Planing

What you can do to restore your gum health with root planing.

## Why root plane?

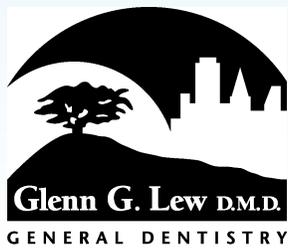
Gum disease also known as Gingivitis occurs when there is an accumulation of plaque on teeth from lack of proper brushing and flossing



over a period of time. Plaque left in the mouth will transform into a

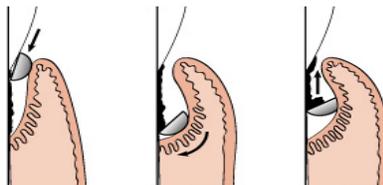
hard calcified deposit called tartar (aka calculus). Calculus produces toxic byproducts that irritate the gums leading to gum disease. Eventually, gum disease (gingivitis) develops into periodontal disease--the loss of bone that supports the teeth. Left untreated, periodontal disease may eventually lead to tooth loss.

Root Planing, also known as a deep cleaning, removes the bacteria build up from your teeth and the roots underneath your gums. When disease is present, this process helps restore health to your teeth and gums.



## The procedure

Scaling and Root Planing are parts of a therapeutic ROOT cleaning treatment and should not be confused with a basic cleaning. Because we need to go deep down into the gums a deep cleaning requires the use of a local anesthetic. This procedure cleans



the roots by smoothing them to a glass like finish, making it harder for bacteria to adhere to the teeth. The unhealthy tissue in the pocket is gently removed. The soft tissue can then heal and form a healthy pocket lining. At times, we can combine root planing with laser decontamination. Laser therapy can reduce bacterial levels in treated areas by 98%, allowing for enhanced healing and improved results.

## Your work begins NOW.

Root planing needs to be followed up with proper home care. This includes healthy eating, brushing and flossing, and seeing your dentist regularly. Be sure to use any



medications provided to you at the time of your visit. We recommend using an electric brush

for the most complete removal of bacteria. The use of an electric toothbrush along with proper flossing allows for better healing. Rinsing with one of the following can also help cut down the bacteria in the mouth:

- 1 tsp. salt in a glass of water (also helps soothe the gum tissue)
- 1 tsp. baking soda in glass of warm water
- Hydrogen peroxide/water mix 50/50

## Taking care of your smooth roots

### Discomfort?

Some discomfort is to be expected after the anesthesia wears off. If needed take Tylenol (acetaminophen) or other non-aspirin medication to control pain and allow for proper clotting.

### Sensitivity?

Use desensitizing toothpaste such as Sensodyne.

### Bleeding?

There will be temporary bleeding within the first few hours. Persistent or excessive bleeding should be reported to our office.

### Discolored gums?

Do not be alarmed if you notice changes in tissue color (brown, grey, purple, blue). This is part of the normal healing process.

### No smoking.

If you are a smoker, try to limit your smoking as it contributes to inflammation and will put toxins on your clean roots. If you can, eliminate smoking entirely.

### Swelling?

In some cases, swelling may occur. If after 3 days you have excessive swelling on gums or neck, call our office.

**Emergency after hours? Call Dr. Lew at (650) 483-3924**