

A guide for patients about **scale and root planing**

When we treat gum (periodontal) disease we start by removing the main cause - the dental plaque and the tartar.

To clean your teeth properly, we may need to use injections to numb your gums. This is because your gums are very sore and the procedure may give you a certain level of discomfort.

We normally divide your mouth into four parts and clean one part per visit. This means you will need to visit us four times and may need several injections to numb your gums.

What to expect after a scale and root planing appointment

You might experience some discomfort after the visit, such as:

- bleeding for a day or two - this should calm down on its own
- tender or sore gums after the procedure - avoid very hot and spicy food for a couple of days
- sore and bruised gums, due to the injections
- sensitive teeth - if your teeth tend to be sensitive to hot and cold they might be more sensitive after the cleaning
- gums receding - when your gums are inflamed they are tender and swollen. After the cleaning they heal and shrink. You might notice that your gums recede more after the treatment is completed - this is a good sign
- numbness from the injection. This might last three to four hours. Avoid eating or drinking anything hot before it wears off as you might burn yourself. Also avoid talking or eating as you might bite your lips, cheek or tongue and it may be painful after the numbness wears off.

Contact us

Phone: 01227 597022

Canterbury Health Centre

Dental Department
26 Old Dover Road
Canterbury
Kent CT1 3JH

Phone: 01303 865556

Dover Health Centre

Dental Department
Maison Dieu Road
Dover
Kent CT16 1RH

If you would like to comment about any aspect of our service please contact us.

Phone: 0300 790 0158, Monday to Friday, 8.30am to 5pm

Email: kcht.communitydentalservice@nhs.net

Write to us

Kent Community Health NHS Foundation Trust
Dental Services Head Office
Capital House
First Floor
Jubilee Way
Faversham
Kent ME13 8GD

Emergency treatment

If you need urgent daytime dental care, please phone the Dental Helpdesk on 0300 123 4412, 8am to 4pm.

For emergency appointments, outside of our normal opening hours, please phone Dentaline on 01634 890300.

Dental services are commissioned by NHS England.

**Do you have
feedback
about our
health services?**



Contact

Customer Care Team
Kent Community Health
NHS Foundation Trust,
Unit J, Concept Court,
Shearway Business Park,
Folkestone, Kent CT19 4RJ

Phone: 0300 123 1807
8am to 5pm,
Monday to Friday.

Text: 07899 903499

Email: kcht.cct@nhs.net

Visit: www.kentcht.nhs.uk

If you need communication support or this leaflet in another format, please ask a member of staff or contact the Customer Care Team.

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