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Scaling and Root Planing Aftercare Instructions

Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.

CARE OF YOUR MOUTH:

Start brushing, flossing, and continuing your prescribed oral hygiene regime immediately. You may have to GO EASY at first. But make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times the day of treatment, with warm salt water ($\frac{1}{4}$ tsp salt to 1 glass of water).

DISCOMFORT:

Some discomfort is expected when the numbing wears off. Usually a couple of pain medications (Tylenol or Advil) will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Brushing with a desensitizing toothpaste or fluoride that we might prescribe will usually reduce or eliminate sensitivity in a day or two. Rinse your mouth every couple of hours with warm salt water.

EATING:

Your meals should be soft for 72 hours. Avoid any hard, gritty foods such as peanuts, popcorn, chips, and hard bread for at least 3-4 days. Additionally, it is best to avoid hot, spicy foods and alcohol for 24 hours.

BLEEDING:

Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office.

SMOKING:

Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with the healing.

EXERCISE:

Avoid any physical activity for the rest of the day (jogging, tennis, racket ball, anything strenuous). Take it easy.

If you have any concerns or questions, please contact our office.

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