

Post Scaling and Root Planing Instructions

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

1. **Care of your mouth:** Start brushing, flossing, and continuing your prescribed oral hygiene regimen 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 on the day of treatment, with warm salt water (use ¼ teaspoon salt to 8 oz. Water).
2. **Discomfort:** Some discomfort is expected when the anesthesia wears off. Usually a couple of Tylenol or Motrin will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste of fluoride that we may prescribe will usually reduce or eliminate sensitivity in a day or two.
3. **Eating:** Your next meal should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips, hard bread for the next 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for 24 hours.
4. **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 at 747-1004.
5. **Swelling:** Very seldom does swelling occur. If it does, rinse your mouth every couple of hours with warm salt water.
6. **Smoking:** Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with healing.
7. **Exercise:** Avoid any aerobic activity for the rest of the day: e.g. jogging, tennis, racket ball, or anything strenuous. Take it easy.