

Post-Operative Instructions Following Scaling and Root Planing

- Starting 24 hours after treatment, gently rinse your mouth with ¼ teaspoon salt in 8 ounces of warm water three times a day.
- You may take a non-aspirin pain reliever for any tenderness or discomfort. Take Ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
- Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.
- Slight bleeding is normal for several hours following treatment. If persistent bleeding occurs, please contact our office.
- Do not use tobacco or drink alcohol as these will delay healing.
- Do not use straw or sucking motions for 24 hours after treatment.
- You may experience some cold sensitivity, this is normal. Any sensitivity should gradually go away in a few weeks. If needed, you can use desensitizing toothpastes, such as Crest Sensitivity, Colgate Sensitive Pro-Relief or Sensodyne. Avoid toothpastes with “whitening” or baking soda, as this will increase the sensitivity.

Home care instruction

After the scaling and root planing, proper oral hygiene must be maintained to aid in healing.

- Brush teeth after every meal/ snack with electric toothbrush.
- Rinse with Perioguard two times daily, swish for 30 seconds and spit.
- Floss teeth daily, followed by interproximal proxabrush.

If you have any questions, please feel free to ask us.