

POST SCALING AND ROOT PLANING INSTRUCTIONS

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

CARE OF YOUR MOUTH: Rinse your mouth 2-3 times per day with warm salt water. (One-teaspoon salt to 8oz. water). Start home care as instructed, immediately. In the beginning, you may have to be gentle.

DISCOMFORT: Your gums may become “achy” and ibuprofen, as prescribed, will help eliminate mild discomfort. Take 600 mg. ibuprofen every 4-6 hours for the next day. After the initial dose, you may take 400 mg. twice a day up to 8 days as needed for pain OR take your prescribed painkillers PRN. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of fluoride on the “touchy” tooth will stop cold or touch sensitivity in a few days.

EATING: Your next meal should be soft. Avoid any hard or crunchy foods such as corn or potato chips, popcorn, nuts, etc. for the next 3-4 days. Also, be careful of hot foods if local anesthesia was applied until complete numbness wears off.

SWELLING: Swelling or jaw stiffness occur very rarely, however if it does, place warm moist towels to the face in the area of stiffness. Apply for 20 minutes.

SMOKING: Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 24 hours or longer.

****If a Sub-Gingival Medication was placed beneath the gums, please follow these procedures:**

- No eating, drinking or rinsing for one hour post treatment
- No water pik, flossing, use of toothpick, etc. for 24 hours post treatment
- Take prescribed ibuprofen, as recommended

If any problems arise, please call us at 678-9876.