
Post-Op Instructions: *Scaling & Root Planing*

You have seen your provider to have non-surgical periodontal therapy. Here are some instructions to help you maximize your comfort over the next few days.

The use of dental anesthetics means that you may be numb for a few hours after the procedure. We recommend that you avoid chewing until feeling has returned to avoid biting your cheeks, lips and/or tongue. If you must eat, try soft foods and chew on the opposite side if possible.

Your gums will be irritated during the procedure. This can be mildly uncomfortable for about 48-72 hours.

- We recommend warm salt water rinses (½ glass of water with ½ teaspoon of salt) several times daily for a few days.
- Avoid hot or spicy foods until the gums are healed (2-3 days)
- Avoid alcohol and tobacco as this can slow healing.
- See pain control below.

Pain Control: It is unlikely that you will need medication to deal with discomfort. If you need to, please take what you would normally take for a headache, but contact the office to let us know that there is a problem.

Tooth sensitivity may be noted due to the cleaning of the roots. This should dissipate within a few days and can often be well-controlled with anti-sensitivity toothpaste.

Home Care: Brush the treated area very lightly the first night. This can be made more comfortable by running your **soft** toothbrush under hot water to further soften the bristles.

- The following day you should begin flossing very gently and gradually return to normal brushing and flossing over the next week.
- If prescribed a mouth rinse, please use it as directed. Until healed, avoid mouth rinses with alcohol to avoid discomfort.
- Good home care is extremely important to maintain the healthy tissues after healing. Please contact us with any questions.

When to call us: Discomfort and swelling are normal for the first several days. You should call us if bleeding, discomfort or sensitivity increases or continues beyond 3-4 days.

If you have any questions about this information, please ask your provider.