Post Op Instructions for
Scaling & Root Planing

Scaling and Root Planing is one of the most effective ways to treat gum disease. To minimize the postoperative discomfort and encourage proper healing, please follow these instructions:

- Take aspirin, acetaminophen (Tylenol®), or ibuprofen (Advil®) before the anesthetic wears off. Continue to take one tablet every four hours for the next two days if pain persists.

- Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning of your tissues.

- A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour for the rest of the day may make your mouth more comfortable.

- Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.

- Avoid strong spicy seasonings and hard crunchy food for the next few days.

- Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.

- Do not drink alcohol or use mouthwashes containing alcohol. Alcohol contributes to excessive bleeding and delays healing.

- As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne®), or fluoride gel (such as Prevident® or Gel-Kam®) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.

- Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid®, rubber tip, Sonicare®, Proxabrush®, Gel-Kam® fluoride, Peridex® mouthrinse, etc).

- Faithfully return for all scheduled follow up visits to achieve the maximum benefit of scaling and root planning treatment.

If you have any questions or concerns, please call (919) 596-7447