

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 post operative 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