PARTNERS IN DENTAL CARE

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Scaling and Root Planing

Please read and follow these instructions for all scaling and root planing procedures. They will make you more comfortable and will help prevent any possible complications.

Mouth Care

Start brushing, flossing and continuing your prescribed oral hygiene regimen tomorrow on the affected areas; all others begin today. You may have to GO EASY at first, but make every effort to keep your mouth plaque-free. Slight bleeding may be present as you clean your teeth the first few days, but this can be ignored. We recommend rinsing your mouth a few times, on the day of treatment, with warm water.

Discomfort

- Some discomfort may occur after the anesthesia wears off.
- Avoid Aspirin.
- Taking one to two tablets of Ibuprofen should relieve any discomfort.
- Sensitivity to cold or touch may temporarily occur.
- Removing all plaque from the tooth surface and brushing with a fluoride toothpaste, or fluoride that we may prescribe or dispense, usually reduces or eliminates sensitivity in time.

Eating

- Your next meal today should be soft.
- Avoid any hard, gritty foods such as small seeds, peanuts, popcorn, chips, or hard bread for the next three to four days.
- Avoid HOT drinks or foods, spicy foods, aspirin, and alcohol for at least 24 hours.

Bleeding

Slight bleeding may continue for a few hours after the procedure. This is not unusual and should stop. If significant bleeding persists beyond a few hours, please call our office.

Swelling

Very seldom does swelling occur. If it does, rinse your mouth every couple of hours with warm salt water (use ¼ teaspoon salt per 8 oz. of warm water) and contact our office if it does not subside within a day or so.

Smoking

Refrain from smoking or chewing tobacco for 24 HOURS or longer after scaling and root planing procedures. Tobacco use interferes with healing.

Exercise

Avoid any aerobic activity, if possible, for the rest of the day. Take it easy.