

## POST SCALING AND ROOT PLANING INSTRUCTIONS

**Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.**

### 1. CARE OF YOUR MOUTH:

Start brushing, flossing and continuing your oral hygiene regimen immediately. You may have to GO EASY at first, but make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times on the day of treatment, with arm salt water (use ¼ teaspoon of salt to 8 oz of water).

### 2. DISCOMFORT:

Some expected discomfort when the anesthesia wears off. Usually a couple of acetaminophen or ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste or fluoride that we may prescribe will usually reduce or eliminate sensitivity in a day or two.

### 3. EATING:

Your next meal should be soft. Avoid any hard gritty foods such as peanuts, popcorn, chips, hard bread for the next 3-4 days. In addition, it is best to avoid hot, spicy foods and alcohol for the next 24 hours.

### 4. BLEEDING:

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

### 5. SWELLING:

Very seldom does swelling occur, If it does, rinse your mouth every couple of hours with warm salt water. (Use 1/4 tsp salt. 8oz. of water).

### 6. SMOKING:

Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with the healing.

### 7. EXERCISE:

Avoid any aerobic activity for the rest of the day e.g jogging, tennis, racket ball, anything strenuous. Take it easy.

### 8. QUESTIONS:

If any other questions arise, please do not hesitate to call the office at, 219-838-6500 (Highland) or 219-462-2340.(Valparaiso).