

Post-Scaling and Root Planning Instruction

- For pain or discomfort, you may take over-the-counter pain medication such as Ibuprofen (200mg tabs) or Tylenol (if you have stomach ulcers).
- Avoid eating crunchy, spicy, or hot foods for the first 24 hours after treatment.
- Rinse with warm salt water (1 tsp. salt in 1-cup warm water) 2 to 3 times daily until your gums are no longer sore.
- Brush gently today even if your gums are tender to help remove the plaque that has started to reform. Start flossing (once per day) the day after your treatment. Avoid toothpicks and electric toothbrushes until the next day after treatment. You may also start rinsing with Listerine mouth rinse two times a day, the day after treatment to help reduce the plaque build-up on your teeth.
- Sensitivity to hot and cold is very common after periodontal treatment. It usually resolves within a few weeks. If it does persist, we will recommend a special toothpaste that can help decrease sensitivity.
- You may notice as the gum tissue heals and the swelling goes away, more of the tooth's root surface will be exposed. This is part of the normal healing process after periodontal treatment.
- Follow all prescribed home care instructions exactly as directed. Success of treatment directly depends on excellent oral hygiene at home and regular re-care visits with our hygienist.

-