



Patient Post-Op Instructions Scaling & Root Planning

To minimize the discomfort and encourage proper healing following your scaling and root procedure, please follow these instructions:

Immediately after the procedure, Acetaminophen (Tylenol) or Ibuprofen BEFORE the numbness wears off. If needed, continue to take every 4 hours for the next 2 days.

A saltwater solution you can make at home ($\frac{1}{2}$ Teaspoon Salt, + $\frac{1}{2}$ Teaspoon Baking Soda + 8oz warm water) should be swished GENTLY for 2-3 minutes, every hour may make your mouth more comfortable.

Use a SOFT toothbrush at least 2 times daily. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.

Avoid strong spicy seasonings and hard, crunchy foods for the next few days.

Avoid eating anything with seeds such as, strawberry seeds, sesame seeds, and poppy seeds. They are super tiny, can get stuck in perio pockets and cause delayed healing.

Smoking should be stopped. Success of treatment will substantially be increased by reducing the cigarette chemicals in your body.

As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (Sensodyne), or a fluoride gel (Gel-Kam or Prevident) frequently, up to 4 times daily, for the next 1-2 weeks. The cleaner the teeth are kept, the less sensitive they will be.

Diligently use any other oral hygiene aids that have been recommended such as Floss, Perio-Aid Ribber tip, Sonicare, Proxabrushes, Flouride, or rinses.

It is absolutely necessary to complete the prescribed periodontal treatment.

If you have any questions or concerns, please call our office at (208)-529-3836