



## POST SCALING & ROOT PLANING INSTRUCTIONS

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

**ANESTHETIC:** Numbness will remain for a few to several hours. Drinking may be difficult due to the loss of feeling. Avoid eating until feeling returns to avoid injuring your lip and tongue.

**BLEEDING:** Slight bleeding is natural at this stage of healing. Do not let it alarm you. Apply pressure with gauze or a tea bag for 3 minutes.

**DISCOMFORT:** Ibuprofen or Tylenol is normally sufficient for any discomfort. Do not take aspirin, unless directed by your physician, as it may increase bleeding or prolong healing time.

**SWELLING:** Swelling or jaw stiffness occur very rarely. However, if it does occur, place warm moist towels to the face in the area of stiffness.

**RINSING:** Rinse your mouth 2-3 times per day with warm (coffee temp) salt water. Mix one teaspoon of salt/8oz water. Rinse several times daily until tenderness is gone.

**EATING:** Your next meal should be soft. Avoid any hard “chippy” foods, like Fritos, potato chips, popcorn, etc. for the next 3-4 days.

**TOOTH SENSITIVITY:** Sensitivity to cold or touch may temporarily occur. If it occurs, remove all plaque from the tooth and place a dab of toothpaste for sensitive teeth (Sensodyne or Crest Sensitivity) on the “touchy” tooth. Cold or touch sensitivity should decrease in a few days.

**CARE OF YOUR TEETH:** It is essential that you keep the teeth as clean as possible/bacteria-free after your visit to allow for optimal healing. If gum tissues are tender, brush your teeth gently but thoroughly with a rolling motion away from the gum line. Gradually return to the recommended home care as tenderness goes away.

**NEGATIVE HABITS:** Avoid smoking and alcohol consumption. Either of these will act as a barrier to effective healing.

*If any problems arise, feel free to call our office: (712)546-5183.*