

Post-Operative Instructions - Scaling & Root Planing (Deep Cleaning)

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

- **IF POSSIBLE, DO NOT EAT UNTIL THE ANESTHETIC HAS WORN OFF** to avoid accidentally biting lips, cheek or tongue.
- **FOR THE FIRST 24 HOURS, A SOFT DIET IS RECOMMENDED.** , it is normal for the teeth and gums to feel sensitive or sore following this procedure so eat only what is comfortable to you and if needed, chew on the other side for the first 24 hours. Also, avoid anything spicy, acidic or hot (temperature) as these types of food can trigger discomfort.
- **BE CAREFUL WHEN BRUSHING AND FLOSSING BUT MAINTAIN GOOD ORAL HYGIENE.** It is important to continue a good brushing and flossing routine but it is normal for the tooth/teeth that have been worked on and surrounding gum tissue to be sore for the first 24-48 hours so gentle but thorough brushing and flossing of that area may be more comfortable. If the office has recommended use of other oral hygiene aids such as a rubber tip stimulator, proxybrush, soft picks, etc. please utilize those as instructed. Slight bleeding may occur while brushing for the first 24-48 hours but this is normal.
- **YOUR TOOTH/TEETH MAY FEEL SENSITIVE BUT THIS IS NORMAL** and should subside over the next few days. Using desensitizing toothpaste like Sensodyne can help alleviate your teeth sensitivity. If the pain is severe and you are unable to bite on the tooth after 3-4 days or you develop a large swelling, please call our office as you may need further evaluation.
- **RINSE WITH WARM SALT WATER TO REDUCE GUM TISSUE SORENESS.** It is normal for your gum tissue around the restoration to be slightly swollen or sore following this procedure. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat this action 3-4 times per day for the first 1-3 days as needed. If a prescription rinse is prescribed to you instead, please use as directed.

- **AVOID SMOKING FOR THE FIRST 48 HOURS** as smoking delays the healing of the gum tissues and can substantially reduce the success of the treatment.
- **TAKE MEDICATION** as instructed by the doctor. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.
- **KEEP YOUR APPOINTMENTS.** It is important to come in for your routine cleaning appointments at the appropriate times as instructed by the office. Additionally, the office may recommend that you return for further evaluation or gum treatment or recommend more frequent intervals for your routine care. This is all done to create a successful plan to maintain the health of your gums and reduce the damaging effects of periodontal disease (gum disease). Delaying or cancelling these appointments could contribute to a more rapid deterioration of your gum health which may result in pain and/or loss of teeth.

Please call our office if:

- If you experience severe pain or swelling that does not dissipate.
- If after the first 2 days, you are unable to bite down without experiencing sharp pain.
- If you have an allergic reaction to any medication you have taken.