

Scaling and Root Planing Post-Operative Instructions

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

- After the procedure, take aspirin, acetaminophen (Tylenol), or ibuprofen (Advil) before the anesthetic wears off.
- Continue to take one tablet every four hours for the next two days.
- A saltwater solution (1/2 teaspoon salt + 8 oz. warm water) swished in your mouth for 2 to 3 minutes two to three times a day.
- Use a soft toothbrush at least two times a day. 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.
- Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.
- As the tissue heals, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne), or fluoride gel (such as Prevident or Gel-Kam) frequently (at least 4 times/day) for 1 to 2 weeks.