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POST SCALING AND ROOT PLANING INSTRUCTIONS

Please read and follow these instructions. They will make you more comfortable after this dental procedure and prevent any possible complications.

CARE OF YOUR MOUTH

DO NOT eat or drink anything hot for the next four (4) hours. Drink only cold fluids. After four (4) hours, rinse 6-8 times per day, for the next three (3) days, with lukewarm salt water (add ½ teaspoon salt to 4oz. of warm water).

DISCOMFORT

Some soreness is normal after scaling, but it will not create any disruption of your normal activities. This can be controlled with Tylenol or Advil. Sensitivity to cold may temporarily occur. Desensitizing toothpaste will help alleviate this sensitivity.

CLEANING

Brushing and flossing are important to the healing process and must be continued as usual. Bleeding may occur with brushing and flossing, but do not stop. This is perfectly normal and will disappear in a few days.

EATING

Your next meal should be a soft diet. Avoid hard crusty foods, like chips, popcorn and hard crusts of bread.

SMOKING

Please DO NOT smoke after scaling and root planing appointments. Tobacco smoke is an irritant to healing.