

POST-OPERATIVE INSTRUCTIONS CARE FOLLOWING SCALING/ROOT PLANING

Proper home care is of utmost importance to improve your periodontal condition.

- Warm salt water rinsing as often as feels needed to aide in healing. (1 Cup water: 1/2 tsp salt)
- Gentle brushing for the first 24 hours with a soft toothbrush.
- You may take ibuprofen or acetaminophen if needed. If the discomfort is not alleviated with OTC pain relievers, please call the office.
- Start with a soft diet, being careful to not eat or drink anything hot right after your treatment; due to the anesthesia you may be unable to sense temperature extremes. In addition, be careful to not chew your lips, cheeks, and tongue while anesthetized.
- There may be some slight bleeding on the first day. This will subside with the saltwater rinsing and proper home care.
- Follow the homecare and recall instructions set up for you with brushing and flossing as discussed with your hygienist.