**Post Scaling & Root Planing Instructions**

Scaling and Root Planing therapy involves removing bacterial plaque and tartar from the root surface below the gum line. This reduces inflammation/infection and allows re-attachment of the gums to the root surface. The depth of the periodontal pockets is reduced thus allowing more efficient flossing and brushing. If you have any questions, concerns, or problems after the procedure please contact us. To minimize discomfort & help with healing, please follow these instructions:

Rinsing: The day of the procedure, start the warm salt water rinses 3-4 times a day. (1/2 tsp. Salt in 8 oz. warm water) If prescribed with Chlorhexidine, rinse for at least 30 seconds twice daily.

Anesthetic: While your mouth is numb, be careful not to bite your cheek, lip, or tongue. Do not eat or drink hot foods until the effect of anesthetic wears off.

Medications: Ibuprofen- 600mg & Tylenol-325mg every 4-6 hours as needed for pain.

Oral Hygiene: Brush & floss as normal. If the area has moderate discomfort, brush the area gently with a soft bristle toothbrush.

Diet: Soft foods following the appointment and chew on the opposite side of the treated area. Drink plenty of water. Do not eat or drink anything that is hot in temperature or spicy. Avoid hard foods such as chips etc. Do not smoke or consume alcoholic beverages for at least 48 hours.