



Patient Care Instructions Following Scaling and Root Planing

Medication

Post-operative soreness is normal. Immediately after treatment slight throbbing and/or aching can occur. Any discomfort should subside within a few hours to a few days. Sensitivity to brushing may also happen and can last for several days decreasing as time goes by. The medicines listed below will reduce and minimize minor discomfort.

Aspirin:	750 mg every 6 hours
Aleve:	275 mg every 6-8 hours
Advil:	600-800 mg every 6 hours (Advil is a brand name for Ibuprofen)
Tylenol:	1000 mg every 6 hours (Tylenol is a brand name for Acetaminophen)

Tooth sensitivity can be diminished with desensitizing toothpastes. If it becomes severe and prolonged, a professional application of a desensitizing agent may be required.

Food

If anesthetic was used, avoid chewing foods until the numbness is completely gone to avoid injury to the tongue or cheeks. Follow a soft diet for the first 24 hours. Chewing hard foods such as meat or raw vegetables may be uncomfortable at first, but this should decrease within the next few days.

Tooth Sensitivity

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be intense the first several days and usually diminishes quickly.

Bleeding

Some slight bleeding may occur during the next several brushings, but it should steadily decrease over the next 2-3 days. Healed, healthy gums do not bleed.

Appearance

Root surfaces may be more exposed as the swelling of the inflamed gum tissues heals. This may result in more space between the teeth.

Oral Hygiene

Normal brushing and flossing techniques are recommended after scaling and root planing. If gum tissues are tender, brush your teeth gently but thoroughly; this may take a little more time than normal. Mouth rinsing is recommended with either of the following solutions:

- An antimicrobial rinse (Peridex) – may stain teeth if used for longer than suggested
- Warm saltwater rinse – 1 teaspoon of salt to 8oz of water

Use of these rinses should be limited to 1 to 2 consecutive weeks.

Your treatment that has been completed today is the beginning of a lifelong commitment to keeping your teeth. Regular home care and professional maintenance appointments are mandatory to ensure the very best oral health

Please call the office at 373-0018 if you have any questions, or need more information

