



## **SCALING & ROOT PLANING POST TREATMENT INSTRUCTIONS**

**\*PLEASE READ CAREFULLY AND CALL OUR OFFICE WITH ANY QUESTIONS PRIOR TO APPOINTMENT\***

Sometimes the after-effects of scaling and root planing are quite minimal, so not all of these instructions may apply. Common sense will often dictate what you should do. However, when in doubt, follow these guidelines or call our office for clarification. **Our phone number is (541) 654-5482.**

**ANESTHESIA:** You will typically be numb for 2-4 hours following completion of our treatment.

**ANTIBIOTICS:** Antibiotics are frequently prescribed in order to improve the results of your cleaning. The antibiotics should be started the day before treatment and taken as directed until they are all gone.

**DIET:** Be careful eating until the numbing has completely worn off. Soup or scrambled eggs (not too hot) are a good option. Be mindful of sharp foods and anything with nuts, popcorn, or seeds for the first 1-2 weeks.

**MOUTH RINSES:** Warm salt water rinses are very soothing to the gum tissues and are recommended 1-2 days following treatment. Dissolve 1/4 teaspoon of salt in an 8 ounce glass of warm water and gently rinse for 20-30 seconds. Repeat until the entire cup is gone. Repeat as often as you like, but at least twice daily.

**BRUSHING/FLOSSING:** Regular brushing, flossing and home cleaning can resume immediately following scaling and root planing.

**SMOKING/CHEWING:** The use of nicotine products inhibits healing and greatly reduces the success of your recovery.

**PAIN & SENSITIVITY:** Our patients report very minimal discomfort following scaling and root planing treatment. Increased temperature sensitivity is common as tissues begin to heal and new root surfaces are exposed. Use sensitive toothpaste if needed and try to be patient. The roots can take a while to lose this sensitivity. **You may be given 600 mg of Ibuprofen which you can repeat every 6 hours as needed.**

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office.