

# Post-Op Instructions for Scaling and Root Planing Procedure

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Salt Water Rinse

Now that you have had scaling and root planing therapy, it is important to follow these recommendations to speed healing.

## **Medication and discomfort**

If we used an anesthetic, take pain medication before the anesthetic wears off to control any discomfort, or as recommended. It is best to wait until your anesthesia has worn off before eating to avoid biting your cheeks or tongue.

Generally, a normal diet can be followed, but if you have discomfort in the first day or so, a soft diet may be more comfortable.

To reduce discomfort or swelling, a salt water rinse may be used. Gently swish

your mouth with warm salt water and 1 teaspoon of salt per glass 3 times a day. This may be done until the discomfort has subsided.

## **Tobacco use**

Refrain from using any tobacco products for at least 72 hours as tobacco slows healing.

## **Brushing and flossing**

Brush the treated area very lightly the first night. To make this more comfortable, first rinse your toothbrush under hot water to soften the bristles.

The next day, begin flossing lightly, and gradually return to your usual home care over the next week. It is normal to have some slight bleeding for the first few days when you brush and floss the treated areas.

Brush and floss the non-treated areas of your mouth normally. Use a desensitizing toothpaste if your teeth are sensitive to cold. Gently rub the toothpaste in with your finger or lightly brush into the sensitive areas.

If we prescribed a medicated mouth rinse, use it as directed. An electric toothbrush may also be used or recommended.

## **When to call us**

Each day your discomfort and bleeding should diminish. If you are still having symptoms after 4 to 5 days, please give our office a call.

Your dentist or dental hygienist will discuss with you your next treatment protocol. It is important to return to our office as directed to keep your periodontal disease under control.