



## What to Expect Following Your Scaling & Root Planning Procedure

### POST SURGICAL INSTRUCTIONS

#### Oral Hygiene

Rinse your mouth 2-3 times per day with 1 teaspoon salt in 8 oz. of warm water. Start home care as instructed immediately. In the beginning, you may need to be gentle.

#### Discomfort

Your gums may feel achy and ibuprofen, as prescribed, will help eliminate mild discomfort. Take 600mg ibuprofen every 4-6 hours for the first day. After the initial dose, you may take 400 mg twice a day up to 8 days as needed for pain OR take your prescribed painkillers as directed. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of fluoride on the sensitive tooth will stop cold or touch sensitivity in a few days.

#### FOOD

Your next meal should be soft. Avoid any hard or crunchy foods for the next 3-4 days. Also, be careful of hot foods if local anesthesia was applied until numbness completely wears off.

#### Swelling

Swelling or jaw stiffness can occur very rarely. If it does, place warm, moist towels to the face in the area of stiffness for 20 minutes.

#### Tobacco Use

Do not use any form of tobacco following scaling and root planning procedures. Tobacco is an irritant to healing. Refrain from smoking for a minimum of 24 hours.

#### Follow Up

Be sure to schedule and keep your regular dental hygiene appointments.

#### Contact Us

If you have any questions or concerns, please don't hesitate to call us at (206) 343-8929. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.