



ASSOCIATES IN PERIODONTICS, P.L.C.

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**POST SCALING AND ROOT PLANING INSTRUCTIONS**

*Please read and follow these procedures. They will make you more comfortable and will help prevent any possible complications:*

**CARE OF YOUR MOUTH:**

Start brushing, flossing, and continuing your prescribed oral hygiene regimen immediately. You may have to go easy at first, but make every effort to keep your mouth plaque free. If antibiotic was placed under the gums, do not rubber tip or floss those areas for 7 days. If mouthwash was prescribed, gently rinse after brushing and flossing for 30 seconds twice a day. It is ok to brush and floss all other areas.

**1. DISCOMFORT:**

Some discomfort is expected when the dental anesthetic wears off. Take two acetaminophen (Tylenol) **with** two Ibuprofen (Advil, Nuprin) to help ease any discomfort. Sensitivity to cold, hot or sweets may temporarily occur. This will usually return to normal in a short period of time. If sensitivity persists, use desensitizing toothpaste (Sensodyne) and inform the doctor at your next visit.

**2. EATING:**

Your next meal should be soft. Please avoid any hard, gritty, seedy foods such as peanuts, popcorn, chips, or hard bread for the next 3-4 days.

**3. BLEEDING:**

Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If spontaneous bleeding persists beyond a few days, please call the office.

**4. SMOKING:**

Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with healing. If possible, give up smoking completely as smoking enhances your chances of continuing periodontal infection.

**5. EXERCISE:**

Avoid any aerobic or weight lifting activity for the rest of the day (jogging, tennis, racket ball). You may resume your normal activity the day after the procedure.

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EXCLUSIVELY PERIODONTICS AND PROCEDURES IN IMPLANT DENTISTRY

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