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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 to 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. The first day gently rinse with chilled water 3-4 times. Then rinse the next two days with salt water 3-4 times a day. Use 1/4 tsp salt to 8 oz. warm water. If you cannot have salt in your diet, rinse with diluted hydrogen peroxide (half water to half peroxide).

**DISCOMFORT:** Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) will eliminate any discomfort. Tooth sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with sensitive formula toothpaste (Sensodyne) or prescription fluoride gel (PreviDent) that we may prescribe will usually reduce or eliminate the sensitivity.

**EATING:** Your next meal should be soft. Avoid any hard, crunchy foods such as peanuts, popcorn, chips, and hard bread for the next 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for at least 24 hours.

**BLEEDING:** Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If moderate to heavy bleeding persists, please call our office.

**SWELLING:** Very seldom does swelling occur. If it does, rinse your mouth every half hour with chilled water.

**SMOKING:** Please refrain from smoking for 24 hours or longer after this procedure as tobacco use slows the healing process.