

POST-OPERATIVE INSTRUCTIONS FOR SCALE AND ROOT PLANING

There are several steps one can take to help reduce or eliminate post-operative discomfort of scaling and root planing:

1. If you have received local anesthetic, take care not to bite your tongue, lips or cheek while you are still numb. Avoid hot liquids such as coffee and tea until the anesthetic wears off.
2. You will likely experience some discomfort as the anesthetic wears off. You may take a non-aspirin medication such as Tylenol or Advil, making sure to follow the dosage on the label. We suggest you take this medication before the anesthetic wears off.
3. If you have discomfort, gently rinse your mouth with warm salty water (1 teaspoon salt per 8 oz of water). Hold the water in the area of the mouth that was scaled and root planed. This will help smooth the gum tissue and promote healing. You may rinse at least 2 times the day of the procedure and the following morning to have the best healing.
4. You may want to avoid hard or crunchy foods such as popcorn, nuts or chips for the first 24 hours after your appointment. Although there are no food restrictions, you may be more comfortable eating softer foods for a few days.
5. You do not need to brush the scaled area the night of your procedure, but the next day begin gently brushing and flossing. Brush with a soft toothbrush in order to help maintain your good oral health. Continue to thoroughly clean your other teeth in your usual manner.
6. Some bleeding is common following scaling and root planing. You may notice a red or pink color to your saliva, particularly the following morning. This is normal. If the bleeding should persist after the first day or be excessive at any time, please call our office.
7. It is not uncommon to temporarily experience one or more of these symptoms following a scaling and root planing procedure:
 - a. Increase in sensitivity to cold/hot.
 - b. A sensation of increased tooth mobility.

Please feel free to contact our office if you have any questions or concerns.

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