

Scaling & Root Planing Post-Op Instructions

- The roots of your teeth have been affected by periodontal disease and have been thoroughly cleaned. They are no longer covered by diseased gum tissue and calculus. So, you may experience hot and cold temperature sensitivity. This is all normal and temporary.
- Expect some bleeding during the first 24 hours. Please rest and relax to minimize the bleeding. If bleeding does not subside, apply pressure directly over the area with a damp gauze.
- No smoking/vaping for 7 days.
- Resume your oral hygiene practices (brushing and flossing) the night of the Scaling and Root Planing procedure. Run hot water over your tooth brush bristles to soften them before gently brushing the treated area. The cleaner you keep your teeth and gums during the first week, the better they will feel and heal. Expect a little bleeding when you begin to clean your teeth and gums and this is normal.
- Eat a soft diet the day of the surgery. Thereafter, resume your normal diet, but **AVOID** the following for 7 days:
 - Anything with seeds or husks
 - Nuts
 - Popcorn
 - Anything very hard or crunchy
- Consider using a salt water rinse 2-3 times a day during the first week. Use a teaspoon of salt in an 8 oz. glass of lukewarm water.

****Please call the office if you experience: Prolonged or Severe Pain or Bleeding, or a Fever****

Medication Tips

- For any prescription(s), please verify it is the generic version. It works the same as the brand name but costs considerably less. Please verify any refills on your prescription label.
- Taking Medications:
 - Take all medication with soft food and a full glass of water.
 - For antibiotics, please eat yogurt, a probiotic or both to avoid an upset stomach.
 - If the medication(s) makes you nauseous, take 1/2 tablet with food, wait 30 minutes and then take the other 1/2 tablet. This allows the medication to enter your body slowly.
- Pain Medications:
 - Before the anesthesia wears off, take your prescribed or over the counter pain medication.
 - For narcotics, **DO NOT** drive or operate machinery as it will make you drowsy.
 - You may take up to four 200mg tablets of Ibuprofen/Motrin/Advil (unless recommended otherwise) in addition or alternating with the narcotic for supplemental pain control.
- Side Effects:
 - If you take more than the prescribed dose of pain medication, you may experience sweating, headaches or insomnia. Please stop or reduce the amount of medication.
- If you have an allergic reaction or vomiting, stop the medication and call the office.

****We cannot prescribe an unlimited supply of narcotic medication. Please use appropriately****