



Instructions after Scaling and Root Planing

These are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from periodontal treatment.

1. **Tenderness is normal.** To reduce tenderness and promote healing, every two to three hours, rinse with warm salt water: ½ teaspoon salt in 4 ounces of water.
2. **Bleeding:** Generally, there is very little bleeding associated with periodontal care. Some slight oozing may occur and this is normal.
3. **Pain:** There may be some moderate gum discomfort after treatment, but this can usually be controlled with over the counter analgesics, such as Ibuprofen or Tylenol. You may want to take one of these immediately after the appointment and for the next 24 hours as directed.
4. **Sensitivity:** It is not unusual to have some transient temperature sensitivity after periodontal care. This will usually go away after time. The best treatment is to keep your teeth impeccably clean. You may desire to use desensitizing toothpaste daily, such as Sensodyne, or a fluoride rinse. Please tell us if we can help you with these.
5. **Eating:** Highly nutritious food is necessary for the healing process. Soft food is desirable the first day. Avoid foods that require excessive chewing, as well as, sticky, crunchy or coarse foods. You may also choose to avoid extreme temperatures in foods and liquids.
6. **DO NOT SMOKE!**

Remember to call promptly in case of severe pain, excessive bleeding or unusual developments.